

# Terry White Chemists Ramipril

*contains the active ingredient, ramipril*

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## Consumer Medicine Information

**For a copy of a large print leaflet  
ph: 1800 195 055**

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### What is in this leaflet

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**Read this leaflet carefully before taking your medicine. Ask your doctor or pharmacist if you do not understand anything or are worried about taking your medicine.**

This leaflet answers some common questions about ramipril.

It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist.

The information in this leaflet was last updated on the date listed on the last page. Some more recent information on your medicine may be available. Speak to your pharmacist or doctor to obtain the most up-to-date information.

All medicines have risks and benefits. Your doctor has weighed the risks of you using this medicine against the benefits they expect it will have for you.

**Keep this leaflet with your medicine.**

You may want to read it again.

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### What ramipril is used for

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The name of your medicine is Terry White Chemists Ramipril. It contains the active ingredient, ramipril.

Ramipril belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

Ramipril is used to treat:

- high blood pressure (hypertension)
- some heart conditions, such as heart failure after a heart attack
- kidney problems in some patients.

Ramipril is also used to reduce the risk of cardiovascular problems and complications in patients aged 55 years or more with heart or blood vessel disease, or diabetes.

#### **High Blood Pressure (Hypertension)**

Ramipril is used to lower high blood pressure (hypertension). Everyone has blood pressure. This pressure helps get your blood all around your body. Your blood pressure may be different at different times of the day and can be influenced by how busy or worried you are. You have high blood pressure when your blood pressure stays higher than is needed, even when you are calm and relaxed.

There are usually no symptoms of high blood pressure. The only way of knowing that you have high blood pressure is to have your blood pressure checked on a regular basis. If high blood pressure is not treated it can lead to serious health problems, including stroke, heart disease and kidney failure.

#### **Heart Failure after a Heart Attack**

Ramipril may be used after a heart attack. A heart attack occurs when one of the major blood vessels supplying blood to your heart becomes blocked. This means that your heart muscle cannot receive the oxygen it needs and becomes damaged. This may lead to further problems, such as heart failure, irregular heart rhythms and blood clots.

Heart failure means that the heart muscle is weak and cannot pump blood strongly enough to supply all the blood needed throughout the body. Heart failure is not the same as heart attack and does not mean that the heart stops. Heart failure may start off with no symptoms, but as the condition progresses, patients may feel short of breath or may get tired easily after light physical activity, such as walking. Some patients may wake up short of breath at night. Fluid may collect in different parts of the body, often first noticed as swollen ankles and feet.

#### **Kidney Problems**

Ramipril may be used to treat some kidney problems. Some conditions, such as diabetes and high blood pressure, can lead to kidney problems. These problems develop slowly over several years. Good control of your blood sugar and blood pressure are important in keeping your kidneys healthy, but may not always prevent kidney damage from occurring.

#### **Prevention of Cardiovascular Problems and Complications in Patients aged 55 years or more**

## **Patients with Heart or Blood Vessel Disease**

Ramipril may be used to reduce the risk of some of the problems and complications that may arise in patients aged 55 years or more who have problems such as coronary artery disease (heart disease caused by poor blood flow in the blood vessels of the heart), peripheral vascular disease (poor circulation in the hands or feet) or stroke.

## **Patients with Diabetes**

Ramipril may also be used to reduce the risk of cardiovascular problems and complications in patients with diabetes aged 55 years or more who may be considered at risk because they have one or more additional risk factors (e.g. high blood pressure, high cholesterol levels, kidney problems, a current smoker or previous disease of the blood vessels).

## *How it works*

Ramipril works by widening the blood vessels, which then reduces the pressure in the vessels, making it easier for your heart to pump blood around your body. This helps increase the supply of oxygen to your heart, so that when you place extra demands on your heart (such as during exercise), your heart may cope better and you may not get short of breath as easily.

By increasing the supply of oxygen to your heart, your heart does not have to work as hard and it is under less stress, which may reduce the risk of further damage occurring to it following a heart attack.

Ramipril also improves blood flow through the small blood vessels found in the kidneys, which helps the kidneys to work more efficiently. This in turn can help to slow down the progression of kidney damage that might result from having diabetes or high blood pressure.

Therefore, there are quite a few reasons why your doctor might have decided to treat you with ramipril.

However, your doctor may have prescribed ramipril for another reason.

## **Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

This medicine is available only with a doctor's prescription.

There is no evidence that this medicine is addictive.

## *Use in children*

This medicine should not be used in children.

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## **Before you take ramipril**

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### *When you must not take it*

**Do not take this medicine if you have had an allergic reaction to it or to any other medicine containing ramipril or to any of the ingredients listed at the end of this leaflet.**

**Do not take Terry White Chemists Ramipril if you are intolerant or allergic to lactose - this medicine contains lactose.**

Some of the symptoms of an allergic reaction may include: shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue, throat or other parts of the body; muscle pain or tenderness or joint pain; or rash, itching or hives on the skin.

**Do not take ramipril if you have taken any other 'ACE inhibitor' medicine before which caused your face, lips, tongue, throat, hands or feet to swell up, or made it hard for you to breathe.**

If you have had an allergic reaction to an ACE inhibitor before, you may be allergic to ramipril.

**Do not take ramipril if you are also taking:**

- aliskiren-containing medications and have kidney problems or Type 2 diabetes

- angiotensin II receptor antagonists (e.g. candesartan, irbesartan, olmesartan etc.), and have kidney problems caused by diabetes

**Do not take ramipril if you or your family have a history of swelling of the face, lips, tongue, throat, intestines, hands or feet, for no apparent reason.**

**Do not take ramipril if you have kidney problems or a condition called 'renal artery stenosis'.**

**Do not take ramipril if you have problems or conditions affecting the flow of blood in and out of your heart (e.g. aortic or valvular stenosis).**

**Do not take ramipril if you have low blood pressure.**

**Do not take ramipril if you undergo dialysis using certain high-flux membranes.**

**Do not take ramipril if you are pregnant or intend to become pregnant.**

Ramipril may affect your developing baby if you take it during pregnancy.

**Do not take ramipril if you are breastfeeding.**

Ramipril may pass into breast milk and affect your breastfed baby.

**Do not take your medicine after the expiry date (EXP) printed on the pack.**

If you take this medicine after the expiry date has passed, it may not work as well.

**Do not take this medicine if the packaging is torn, shows signs of tampering or if it does not look quite right.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

## *Before you start to take it*

**Tell your doctor if:**

1. **You have allergies to:**
  - any other medicines
  - any other substances, such as foods, preservatives or dyes
  - lactose - Terry White Chemists Ramipril contains lactose.
2. **You have or have had any medical conditions, especially the following:**
  - kidney problems, or are having dialysis (note: your doctor may give you ramipril because of your kidney problems)
  - liver problems
  - heart problems (note: your doctor may give you ramipril because of your heart problems)
  - low blood pressure, which you may notice as dizziness or light-headedness
  - low white blood cell counts
  - diabetes (note: your doctor may give you ramipril because of your diabetes)
  - high levels of potassium in your blood
  - Systemic Lupus Erythematosus (SLE), scleroderma or other autoimmune conditions.
3. You are planning to have surgery or an anaesthetic.
4. You are taking or are planning to take any other medicines. This includes vitamins and supplements that are available from your pharmacy, supermarket or health food shop.
5. You are following a very low or very high salt diet.
6. You are dehydrated, or have had a recent bout of vomiting or diarrhoea.
7. You plan to become pregnant or breastfeed.

**If you have not told your doctor about any of the above, tell them before you start taking this medicine.**

### *Taking other medicines*

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines and ramipril may interfere with each other. These include:

- other medicines used to treat high blood pressure
- diuretics, also known as fluid or water tablets
- lithium, a medicine used to treat mood swings and some types of depression
- potassium supplements or potassium-containing salt substitutes
- non-steroidal anti-inflammatory drugs (NSAIDs), medicines used to relieve pain, swelling and other symptoms of inflammation
- insulin and tablets used to treat diabetes
- heparin
- general anaesthetics
- medicines which may affect the blood cells, such as allopurinol, procainamide, corticosteroids, immunosuppressants or medicines used to treat cancer
- if you are taking ramipril for high blood pressure, do not take any medicines (including the ones bought without a prescription)
- for appetite control, asthma, colds, coughs, hay fever or sinus problems unless you have discussed it with your doctor or pharmacist.

These medicines may be affected by ramipril, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Other medicines not listed above may also interact with ramipril.

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## How to take this medicine

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**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

### *How much to take*

**Your doctor or pharmacist will tell you how many capsules you will need to take. This depends on your condition and whether or not you are taking any other medicines.**

Some patients may need a lower starting dose. The usual dose is:

- for high blood pressure, 2.5 mg to 10 mg per day
- for heart failure, 5 mg to 10 mg per day
- for kidney problems, 1.25 mg to 5 mg per day
- for cardiovascular risk, 2.5 mg to 10 mg per day.

Depending on your response, your doctor may adjust the dose.

If two capsules are prescribed, your doctor may want you to take both of them together or at different times. This will depend on the condition being treated and how you respond to ramipril.

Do not stop taking your medicine or change your dosage without first checking with your doctor.

### *How to take it*

**The capsules should be swallowed whole with plenty of fluid.**

### *When to take it*

**Take it at about the same time each day.**

Taking your capsules at the same time each day will have the best effect. It will also help you remember when to take the capsules.

It does not matter if you take it before or after food.

## How long to take it

Ramipril helps control your condition, but does not cure it. Therefore, you must take ramipril every day.

Continue taking ramipril for as long as your doctor tells you.

Make sure you have enough capsules to last over weekends and holidays.

## If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

## Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

## If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

## If you take too much (overdose)

**Immediately telephone your doctor or the Poisons Information Centre (Tel: 13 11 26 for Australia) or go to the Accident and Emergency Department at the nearest hospital, if you think that you or anyone else may have taken too much ramipril.**

## Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much ramipril, you may feel light-headed, dizzy or you may faint. You may also experience a slow heartbeat.

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## While you are taking ramipril

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### Things you must do

**Tell any other doctors, dentists and pharmacists who are treating you that you are taking ramipril.**

**If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking ramipril.**

**Tell your doctor immediately if you become pregnant.**

**Make sure you drink enough water during exercise and hot weather when you are taking ramipril, especially if you sweat a lot.**

If you do not drink enough water while taking ramipril, you may feel faint, light-headed or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

**If you have excess vomiting or diarrhoea while taking ramipril, tell your doctor.**

You may lose too much water and salt and your blood pressure may drop too much.

**If you feel light-headed or dizzy after taking your first dose of ramipril, or when your dose is increased, tell your doctor immediately.**

**If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking ramipril.**

Your blood pressure may drop suddenly.

**If you are about to have any blood tests, tell your doctor that you are taking ramipril.**

Ramipril may interfere with the results of some tests.

**Have your blood pressure checked when your doctor says, to make sure ramipril is working.**

**Go to your doctor regularly for a check-up.**

Your doctor may occasionally do tests to make sure the medicine is working and to prevent side effects.

## Things you must not do

### Do not:

- Give this medicine to anyone else, even if their symptoms seem similar to yours.
- Take your medicine to treat any other condition unless your doctor tells you to.
- Stop taking your medicine, or change the dosage, without first checking with your doctor.

## Things to be careful of

**If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.**

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

**Be careful while driving or operating machinery until you know how ramipril affects you.**

As with other ACE inhibitor medicines, ramipril may cause dizziness, light-headedness, tiredness or drowsiness in some people. Make sure you know how you react to ramipril before you drive a car, operate machinery or do anything else that could be dangerous if you are dizzy or light-headed. If this occurs, do not drive. If you drink alcohol, dizziness or light-headedness may be worse.

## Things that may help your condition

Some self-help measures suggested below may help your condition.

Talk to your doctor or pharmacist about these measures and for more information.

- Alcohol - your doctor may advise you to limit your alcohol intake.
- Diet - eat a healthy low-fat diet which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also, eat less fat and sugar.

- Exercise - regular exercise helps to reduce blood pressure and helps get the heart fitter, but it is important not to overdo it.
- Walking is good exercise, but try to find a route that is reasonably flat. Before starting any exercise, ask your doctor about the best kind of exercise programme for you.
- Salt - your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake you should avoid using salt in cooking or at the table.
- Smoking - your doctor may advise you to stop, or at least cut down, smoking.
- Weight - your doctor may suggest losing some weight to help lower your blood pressure and help lessen the amount of work your heart has to do. Some people may need a dietician's help to lose weight.

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## Possible side effects

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All medicines may have some unwanted side effects. Sometimes they are serious, but most of the time, they are not. Your doctor has weighed the risks of using this medicine against the benefits they expect it will have for you.

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ramipril.** Ramipril helps most people, but it may have unwanted side effects in a few people. All medicines may have some unwanted side effects.

Sometimes they are serious, but most of the time they are not.

Your doctor has weighed the risks of using this medicine against the benefits he/she expects it will have for you. You may need medical treatment if you get some of the side effects.

**Ask your doctor or pharmacist to answer any questions you may have.**

Following is a list of possible side effects. Do not be alarmed by this list. You may not experience any of them.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- feeling light-headed, dizzy or faint
- persistent dry cough and/or tickling cough
- headache
- feeling sick (nausea) or vomiting
- reflux
- stomach pain
- diarrhoea
- taste disturbance
- unusual tiredness or weakness, fatigue
- skin reactions
- ringing or buzzing in the ears
- forgetfulness or confusion
- increase in nasal congestion or asthma symptoms.

The above list includes the more common side effects. Mostly, these are mild.

**Tell your doctor as soon as possible if you notice any of the following:**

- disturbed vision
- symptoms of sunburn (such as redness, itching, swelling, blistering) which may occur more quickly than normal
- itchy or raised skin rash, hives or nettle rash
- yellowing of the skin and/or eyes
- severe upper stomach pain, often with nausea and vomiting
- fast or irregular heart beat
- shortness of breath or tightness in the chest
- signs of anaemia such as tiredness, being short of breath and looking pale
- numbness, tingling and colour change (white, blue then red) in the fingers or toes when exposed to the cold
- frequent infections such as fever, severe chills, sore throat or
- mouth ulcers

- passing little or no urine or more urine than is normal for you
- bleeding or bruising more easily than normal
- mood changes.

These may be serious side effects. You may need medical attention. Most of these side effects are rare.

**If any of the following happen, stop taking your medicine and either tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- fainting within a few hours of taking a dose
- severe dizziness and confusion with visual disturbances and speech problems
- swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- pink or red itchy spots on the skin which may blister and progress to form raised, red, pale-centred marks
- severe blisters and bleeding in the lips, eyes, mouth, nose and genitals
- chest pain.

These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

**Other side effects not listed above may occur in some patients. Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

### *Allergic reactions*

**If you think you are having an allergic reaction to ramipril, do not take any more of this medicine and tell your doctor immediately or go to the Accident and Emergency department at your nearest hospital.**

Symptoms of an allergic reaction may include some or all of the following:

- cough, shortness of breath, wheezing or difficulty breathing

- swelling of the face, lips, tongue, throat or other parts of the body
- rash, itching or hives on the skin
- fainting
- hay fever-like symptoms.

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## Storage and disposal

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### Storage

**Keep your capsules in the pack until it is time to take them.**

If you take the capsules out of the pack they may not keep well.

**Keep your capsules in a cool dry place where the temperature is below 25°C.**

**Do not store your medicine in the bathroom or near a sink.**

**Do not leave it on a window sill or in the car on hot days.**

Heat and dampness can destroy some medicines.

**Keep this medicine where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### Disposal

**If your doctor tells you to stop taking this medicine or it has passed its expiry date, your pharmacist can dispose of the remaining medicine safely.**

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## Product description

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### *What Terry White Chemists Ramipril Capsules looks like*

Terry White Chemists Ramipril Capsules are available in four different strengths:

- 1.25 mg capsules have a yellow cap and white body; they are imprinted with "APO 1.25" in black ink.

- 2.5 mg capsules have an orange cap and white body; they are imprinted with "APO 2.5" in black ink.
- 5 mg capsules have a red cap and white body; they are imprinted with "APO 5" in black ink.
- 10 mg capsules have a blue cap and white body; they are imprinted with "APO 10" in black ink.

The 1.25 mg, 2.5 mg and 5 mg capsules are supplied as 30 capsules packed in blisters or bottles.

The 10 mg capsules are supplied as 7, 10, 14, 28 or 30 capsules packed in blisters or bottles.

### Ingredients

#### Active Ingredient:

Ramipril (1.25 mg, 2.5 mg, 5 mg or 10 mg ramipril in each capsule).

#### It also contains the following inactive ingredients:

- lactose
- magnesium stearate
- gelatin
- titanium dioxide
- black printing ink
- yellow iron oxide CI 77492 (1.25 mg & 2.5 mg strengths only)
- erythrosine CI 45430 (2.5 mg, 5 mg and 10 mg strengths only)
- indigo carmine CI 73015 (5 mg and 10 mg strengths only)
- black iron oxide CI 77499 (10 mg strength only).

This medicine is gluten-free, sucrose-free, tartrazine-free and other azo dyes-free.

### *Australian Registration Numbers*

- Terry White Chemists Ramipril 1.25 mg capsules: AUST R 179022
- Terry White Chemists Ramipril 2.5 mg capsules: AUST R 179030
- Terry White Chemists Ramipril 5 mg capsules: AUST R 179039

- Terry White Chemists Ramipril 10 mg capsules: AUST R 179017

### Sponsor

#### Apotex Pty Ltd

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