

CONSUMER MEDICINE INFORMATION

Natrilix SR

Sustained Release tablets containing indapamide
(*pronounced ind-ap-a-mide*)

What is in this leaflet

This leaflet answers some common questions about Natrilix SR. It does not contain all the available information about this medicine. Reading this leaflet does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Natrilix SR against the expected benefits for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What Natrilix SR is

The name of your medicine is Natrilix SR. The medicine releases the active ingredient indapamide progressively over 24 hours. Indapamide belongs to a group of medicines called chlorosulphamoyl diuretics (a type of “fluid” or “water” tablet).

What Natrilix SR is used for

You have been prescribed Natrilix SR for high blood pressure.

Natrilix SR is available only with a doctor’s prescription.

There is no evidence that Natrilix SR is addictive.

Why Natrilix SR is used for high blood pressure

Everyone has blood pressure. This pressure helps to circulate blood all around the body. Your blood pressure may be different at different times of the day, depending on how busy or stressed you are. You have high blood pressure (also known as hypertension) when your blood pressure stays higher than is needed, even when you are calm and relaxed.

If high blood pressure is not treated it can lead to serious health problems. You may feel fine and have no symptoms, but eventually it can cause stroke, heart disease and kidney failure.

Natrilix SR helps to lower your blood pressure.

Ask your doctor if you have any questions about why Natrilix SR has been prescribed for you.

Before you take Natrilix SR

There are some people who should not take Natrilix SR. Please read the lists below. If you think any of these situations apply to you, or you have any questions, please consult your doctor or pharmacist.

Do not take Natrilix SR if:

- You are allergic to indapamide, or any of the other ingredients of Natrilix SR listed at the end of this leaflet.
- You are allergic to sulphonamide (sulpha) antibiotics, or to thiazide diuretics (a type of “fluid” or “water” tablet).
- You are pregnant or trying to become pregnant.
- You are breastfeeding or plan to breast-feed.
- The packaging is torn or shows signs of tampering, or the tablets do not look quite right.
- The expiry date (EXP) on the pack has passed.

Tell your doctor straight away if:

- You become pregnant while you are taking Natrilix SR.
- You have any other health problems, including:
 - Kidney disease.
 - Liver disease.
 - High or low levels of potassium, sodium, or other problems with salt balance.
 - Gout.
 - Systemic lupus erythematosus (a disease affecting the skin, joints and kidneys).

Taking other medicines

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

Taking Natrilix SR may change the effect of some medicines, and some medicines may affect how well Natrilix SR works. You may need different amounts of your medication or to take different medicines. The medicines that may interact with Natrilix SR include the following:

- Some steroid medicines.
- Diuretics (sometimes called “fluid” or “water” tablets).
- Lithium medications (used to treat mood swings and some types of depression).
- Some medications used to treat high blood pressure, a fast or irregular heartbeat, and other heart conditions.
- Some medicines for epilepsy.
- Some strong painkillers.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking Natrilix SR.

For older people or children

- Elderly people can generally use Natrilix SR safely. However, some older people have reduced kidney function – in which case additional care may be required.
- **Natrilix SR is not recommended for use in children.**

How to take Natrilix SR

Follow all directions given to you by your doctor and pharmacist carefully. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Your doctor will select a dose when they prescribe Natrilix SR for you. The usual dose is one tablet once daily.

Swallow your tablet with a glass of water, preferably in the morning. Do not crush or break them.

How long to take Natrilix SR for

Natrilix SR can help to control your blood pressure, but cannot cure it. Natrilix SR treatment is usually for life – so you should keep taking the tablets regularly unless advised otherwise by your doctor.

If you forget to take Natrilix SR

- If your next usual dose is less than 6 hours away, just leave out the dose that you missed. Take the next dose at the usual time and continue as normal.
- If your next dose is more than 6 hours away, take the dose you have missed as soon as you realise. Then take the next dose at the usual time and continue as normal.

Do not try to make up for missed doses by taking more than one dose at a time.

If you take too much Natrilix SR

Taking too much Natrilix SR (an overdose) may cause low blood pressure (also known as hypotension). Other effects like sickness, cramps, sleepiness, confusion, kidney problems, salt and water disturbances are possible. You may require urgent medical attention. **If you think that you or anyone else may have taken too much Natrilix SR then act immediately:**

- Telephone your doctor or the Poisons Information Centre (13 11 26 in Australia; 03 474 7000 in New Zealand), or go to the Accident and Emergency department at your nearest hospital. Do this even if there are no signs of discomfort or poisoning.

While you are taking Natrilix SR

Things you must do

Take Natrilix SR exactly as your doctor has prescribed. Otherwise you may not get the benefits from treatment.

Tell all doctors, dentists and pharmacists who are involved with your treatment that you are taking Natrilix SR.

Make sure you drink enough water during exercise and hot weather especially if you sweat a lot. This will help you avoid any dizziness or light-headedness caused by a sudden drop in blood pressure.

Tell your doctor straight away if you have excessive vomiting or diarrhoea while taking Natrilix SR.

Things you must not do

Do not give this medicine to anyone else, even they have the same condition as you.

Do not use Natrilix SR to treat any other complaints unless your doctor tells you to.

Do not stop taking Natrilix SR or change the dose, without checking with your doctor.

Things to be careful of

Be careful when driving or operating machinery until you know how Natrilix SR affects you.

You may feel light-headed or dizzy when you begin to take Natrilix SR. This is because your blood pressure is falling. Symptoms are likely to be made worse if you drink alcohol or take strong pain killers.

If you have these symptoms when standing up or getting out of bed then getting up more slowly can help. This allows your body to get used to the change in position and blood pressure.

If you have these symptoms and they don't get better in a short time then talk to your doctor

Side effects

If you do not feel well while you are taking Natrilix SR then tell your doctor or pharmacist as soon as possible.

All medicines can have side effects. Most of the time they are not serious but sometimes they can be.

Natrilix SR helps most people with high blood pressure, but it may sometimes have unwanted side effects. These can include:

- Headache.
- Feeling tired or as if you have less energy.
- Feeling faint, light-headed, or dizzy.
- Feeling sick or having an upset stomach.
- Muscle pain or cramp.

- Skin rashes or other allergic reactions.
- An increased risk of becoming dehydrated (in elderly patients and in patients with heart failure).
- Low potassium levels. Symptoms of low potassium can include a number of those listed above, and very occasionally this may be severe.

Most of these side effects are mild when they occur. Do not be alarmed by this list of possible side effects. You may not experience any of them. However, if you do – or if you notice anything else that is making you feel unwell - you should consult your doctor or pharmacist.

If any of the signs below occur then tell your doctor immediately or go to the Accident and Emergency department at your nearest hospital:

- Swelling of your lips, face, mouth, tongue or throat.
- Purple spots with occasional blisters on the front of your arms and legs and/or around your neck and ears (A rare condition known as Stevens-Johnson Syndrome).
- A fast and irregular heart beat.
- Severe blisters, skin rash, itching or other allergic reactions.

These side effects are extremely rare but can become serious.

After taking Natrilix SR

Storage

Keep your Natrilix SR tablets where children cannot reach them. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep your tablets in the pack until it is time to take them. Natrilix SR will not keep as well outside its blister packaging.

Heat and dampness can destroy some medicines. Keep them in a cool, dry place where the temperature stays below 25°C. Do not store medicines in a bathroom or near a sink. Do not leave them in a car or on a windowsill.

Disposal

If your doctor tells you to stop taking Natrilix SR, or the tablets have passed their expiry date, return any leftover tablets to your pharmacist for disposal.

What Natrilix SR looks like

Natrilix SR tablets are white and round.

Natrilix SR tablets come in a blister strip. Each box contains either 30 or 90 tablets.

Ingredients

Each tablet of Natrilix SR contains 1.5 mg of indapamide hemihydrate as the active ingredient and a number of inactive ingredients. The inactive ingredients in Natrilix SR tablets include colloidal anhydrous silica, glycerol, hypromellose, lactose, macrogol 6000, magnesium stearate, povidone, and titanium dioxide.

The tablets are gluten free.

Manufacturer

Natrilix SR is a product discovered by Servier Research International.

It is distributed in Australia by:
 Servier Laboratories (Aust) Pty Ltd
 8 Cato Street
 Hawthorn Victoria 3122
 ABN 54 004 838 500

The New Zealand contact address for Servier Laboratories is:
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Natrilix SR is registered on the Australian Register of Therapeutic Goods. Australian Register Number: AUST R 66849

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