

## IMPORTANT: PLEASE READ

### INFORMATION FOR THE PATIENT

## PRINIVIL®

(lisinopril tablets, Merck Frosst Std.)

Tablets 5, 10 and 20 mg

#### PRINIVIL® Tablets

PRINIVIL® is the brandname for the substance - lisinopril, available **only on prescription** from your physician. Lisinopril is one of a class of medicines known as angiotensin-converting enzyme (ACE) inhibitors. They are usually prescribed to reduce **high blood pressure**.

When blood pressure is high, the workload of the heart and arteries increases so that over time, these organs may not function as they should. As a consequence, this could lead to the damage of the "vital organs": brain - heart - kidneys, resulting in stroke, heart failure, heart attack, blood vessel disease or kidney disease.

PRINIVIL® may also be used to treat patients with **heart failure**. This is a condition where the heart cannot pump adequate amounts of blood to satisfy the needs of the body.

**Remember** - This medicine is prescribed for the particular condition that you have. **Do not give this medicine to other people, nor use it for any other condition.**

**Do not use outdated medicine.**

**Keep all medicines out of the reach of children.**

Read the following information carefully. **If you need any explanations, or further information, ask your physician or pharmacist.**

#### BEFORE TAKING THIS MEDICINE

##### Serious Warning and Precautions

- PRINIVIL® should not be used during pregnancy. If you discover that you are pregnant while taking PRINIVIL®, stop the medication and please contact your physician as soon as possible.

This medicine may not be suitable for certain people. So, tell your physician if you think **any** of the following applies to you:

- You have previously taken lisinopril or other medication of the same type - angiotensin-converting enzyme (ACE) inhibitors with the names usually ending with 'pril' such as lisinopril, enalapril, captopril, etc., and you were allergic or reacted badly to it, particularly if you experienced swelling of the face, lips, tongue, or throat, or had sudden difficulty breathing or swallowing. You should not take PRINIVIL® if you have had these types of reactions without a known cause or if you have been diagnosed with hereditary or idiopathic angioedema.
- **You are pregnant, breast-feeding or thinking of becoming pregnant.** Taking PRINIVIL® during pregnancy can cause injury and even death to your developing baby. This medicine should not be used during pregnancy. If you become pregnant while taking PRINIVIL®, stop the medication and report to your physician as soon as possible. It is possible that PRINIVIL® passes into breast milk. You should not breast-feed while taking PRINIVIL®.
- You have any of these conditions:
  - heart or blood vessel disease
  - liver disease
  - recently suffered from excessive vomiting or severe diarrhea
  - diabetes or any kidney problems, as these may lead to increased levels of potassium in the blood which can be serious. If you have diabetes and are taking oral antidiabetic medicines or insulin, you should closely monitor for low blood glucose levels, especially during the first month of treatment with PRINIVIL®.

Your physician also needs to know if you are taking any other medication, whether on prescription or otherwise. It is particularly important to inform your physician if you are taking:

- Diuretics or "water pills"; any other medicines to reduce blood pressure; potassium-containing medicines, potassium supplements, salt substitutes that contain potassium, drugs for diabetes (including oral antidiabetic medicines or insulin), lithium (a drug used to treat a certain kind of depression) or certain pain and arthritis medicines including gold therapy.

In these cases, your physician may need to adjust the dosage of PRINIVIL<sup>®</sup> or monitor your blood level of potassium.

**This medicine is not recommended for children.**

#### PROPER USE OF THIS MEDICINE

- Take this medicine exactly as your physician ordered.
- The absorption of this medicine is not affected by food; so it can be taken with or without a meal.
- Try to take your medicine every day at the same time. This way it becomes easy to remember your doses.
- If you miss a dose of this medicine, take it as soon as possible. However, if no more than 6 hours have elapsed since the missed dose, you may take that day's dose of medication and then go back to your regular dosing schedule. **Do not take a double dose.**
- In case of an overdose, contact your physician, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms so that medical attention may be given promptly. The most likely symptom would be a feeling of lightheadedness or dizziness due to a sudden or excessive drop in blood pressure.
- Store your tablets at 15°C-30°C, in a tightly closed container, away from heat and direct light, and out of damp places, such as the bathroom or kitchen.

- If your physician has recommended a particular diet, for instance - less salt - follow the diet carefully. Your physician may also recommend weight loss. Do follow these suggestions.

- This medicine does not cure high blood pressure, nor congestive heart failure, **but does help control these conditions**. So, it is important to continue taking the tablets regularly. You may have to take high blood pressure medicine for life.

- Keep your regular appointments with your physician, even if you feel well. High blood pressure may not be easily recognized by you because you may not feel any symptoms; but your physician can measure very easily and check how the medicine is helping to control it.

- **Do not take any other medicines** unless you have discussed the matter with your physician. Certain medications tend to increase your pressure, for example, non-prescription preparations for appetite control, asthma, colds, coughs, hay fever and sinus problems. Other medicines may also react badly with PRINIVIL<sup>®</sup>.

- If you have to undergo any dental or other surgery, inform the dentist or the physician in charge that you are taking this medicine.

#### SIDE EFFECTS OF THIS MEDICINE – AND WHAT YOU SHOULD DO

Along with its intended action, any medication, including lisinopril, may cause side effects. Most people do not experience any problem when taking this medicine; but if you notice any of the following, medical attention may be needed.

- Sudden difficulty in breathing or swallowing
- Swelling of face, eyes, lips, tongue and/or throat, hands or feet  
You should be aware that Black patients are at increased risk of these types of reactions to ACE inhibitors.
- Dizziness, lightheadedness or fainting following exercise, and/or when it is hot and you have lost a lot of water by sweating
- Flu-like symptoms such as fever, malaise, muscle pain, rash, itching, abdominal pain, nausea, vomiting, diarrhea, jaundice, loss of appetite

**STOP TAKING THE MEDICATION AND CONTACT YOUR PHYSICIAN OR PHARMACIST AT ONCE. YOU MAY REQUIRE IMMEDIATE CARE. IF CONDITION WORSENS, SEEK MEDICAL ATTENTION.**

- Initial dose may cause a greater fall in blood pressure than will occur following continued treatment. You may notice this as faintness or dizziness and it may help to lie down. If concerned, please consult your physician
- If any fainting occurs, **STOP** taking the medicine
- If dizzy, **AVOID** driving or any activity/job requiring alertness
- **USE EXTRA CARE** during exercise or hot weather
- Dry cough, sore throat
- Unusual tiredness and/or weakness
- Headache
- Less or no urine being produced

**IF YOU NOTICE ANY OF THE ABOVE OR HAVE OTHER SIDE EFFECTS, CONTACT YOUR PHYSICIAN OR PHARMACIST. IF THE CONDITION PERSISTS OR WORSENS, SEEK MEDICAL ATTENTION.**

## **INGREDIENTS**

**Active ingredient:** Each tablet of PRINIVIL<sup>®</sup> contains lisinopril. There are three different strengths: 5 mg (white), 10 mg (light yellow) and 20 mg (peach). The splitting of PRINIVIL<sup>®</sup> tablets is not advised.

**Non-medicinal ingredients:** calcium phosphate, corn starch, magnesium stearate, and mannitol. The 10 mg and 20 mg also contain yellow and/or red iron oxides.

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