

PACKAGE LEAFLET: INFORMATION FOR THE USER

OLICARD R

40 mg Prolonged Release Capsules

ISOSORBIDE MONONITRATE

• This leaflet is a copy of the Summary of Product Characteristics and Patient Information Leaflet for a medicine, which outlines the conditions under which the medicine should be used and information on its known safety • The product information may be updated several times within its shelf life, and there could be differences between the version of information shown here and other information in the public domain or in the package insert • This leaflet may not contain all the information about the medicine or the information may not be the most up to date version for this product • If you have any questions or are not sure about anything, ask your doctor or pharmacist • Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

• Keep this leaflet • You may need to read it again • If you have any further questions, ask your doctor or pharmacist • This medicine has been prescribed for you only • Do not pass it on to others • It may harm them, even if their signs of illness are the same as yours • If you get any side effects, talk to your doctor or pharmacist • This includes any possible side effects not listed in this leaflet •

What is in this leaflet?

1. What OLICARD R is and what it is used for
2. Before you take OLICARD R
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1. WHAT OLICARD R IS AND WHAT IS IT USED FOR

OLICARD R Prolonged-release Capsules contain isosorbide mononitrate which belongs to a group of medicines called nitrates that act on the cardiovascular system (the heart and blood vessels). OLICARD R has been given to you by your doctor or pharmacist to reduce the frequency of your anginal attacks (chest pains). They are called modified-release capsules because they are manufactured in a way that allows the isosorbide mononitrate to be released and slowly absorbed by your body over a period of several hours.

In angina, isosorbide mononitrate works by opening up the arteries supplying the heart muscle and this allows more blood and oxygen to reach the muscle, decreasing the chances of angina (chest pains) occurring when extra strain is placed upon the heart.

2. BEFORE YOU TAKE OLICARD R

Do not take OLICARD R:

- **if you are taking the drug sildenafil, for the treatment of male erectile dysfunction** (see also: Section 2 - taking other medicines)
- if you are allergic to isosorbide mononitrate, other nitrates (e.g glyceryl trinitrate or isosorbide dinitrate) or any of the other ingredients in OLICARD R

- if you have suffered a stroke or have any other condition which may affect the blood supply to your brain
- if you suffer from low blood pressure
- if you suffer from a reduction in red blood cells which can make the skin pale and cause weakness and breathlessness
- if you have been told that you have a problem with your heart. Ask your doctor if you are not sure if this applies to you
- to treat an angina attack as it occurs. Your doctor will probably have given you another tablet to take for sudden attacks.
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Take special care with OLICARD R and always tell your doctor or pharmacist if:

- you suffer from increased pressure in your eyes
- you suffer from an underactive thyroid gland
- you suffer from an abnormally low body temperature
- you suffer from poor health caused by a poor diet
- you suffer from severe liver or kidney disease
- you have been told that you have a narrowing of the valves in your heart
- you become dizzy, light headed or faint when you stand up
- you have suffered from a head injury or bleeding in the brain.
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Taking other medicines

Before starting treatment, please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. If you have to go to a doctor, dentist or hospital for any reason, tell them that you are taking OLICARD R.

In particular, tell your doctor or pharmacist if you are taking:

- medicines for the treatment of high blood pressure, such as hydralazine or minoxidil
- medicines to treat the symptoms of depression, such as amitriptyline or imipramine
- medicines to treat a mental condition, such as chlorpromazine or methotrimeprazine
- water tablets, such as frusemide

Taking these types of medicines with OLICARD R can increase the risk of low blood pressure occurring, especially if you are elderly.

Do not take sildenafil, used for the treatment of erectile dysfunction at the same time as OLICARD R. If taken at the same time it could cause a severe fall in blood pressure resulting in collapse, unconsciousness and may be fatal.

Taking OLICARD R with alcohol

Do not take OLICARD R at the same time as an alcoholic drink.

Pregnancy, breast-feeding and fertility:

Do **not** take OLICARD R if you are pregnant, trying to become pregnant or are breast-feeding.

Driving and using machines:

If you feel faint, dizzy or light headed when you stand up or move suddenly after taking OLICARD R, then **do not drive or operate machinery.**

Important information about some of the ingredients of OLICARD R:

OLICARD R contains lactose monohydrate and sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. HOW TO TAKE OLICARD R

Always take OLICARD R exactly as your doctor or pharmacist has told you to. You should check with your doctor or pharmacist if you are not sure.

The label on the carton will tell you how many capsules you should take and when. It is very important that you take your capsules regularly. **Do not stop** treatment even if you feel better unless told to do so by your doctor. OLICARD R is formulated so that you only have to take your capsules **once a day**. It is important that you take your capsules **at the same time each day**, preferably in the morning. Your capsule must be swallowed whole with a glass of water. **Do not break or chew your capsules.**

Adults and the elderly: the usual dose is 40 mg **once** a day. Your doctor may decide to increase your dose to a maximum of 120 mg of OLICARD R once a day.

If you are elderly and suffer from low blood pressure, liver or kidney disease, your doctor may prescribe a lower dose for you to take.

Do **not** stop taking your medicine until your doctor tells you.

Children must **not** take this medicine.

If you take more OLICARD R than you should

If you accidentally take more OLICARD R than you should, contact your nearest casualty department or tell your doctor or pharmacist immediately. Remember to take the pack and any remaining capsules with you.

If you forget to take OLICARD R

Do not worry. Simply leave out that dose completely and then take your next dose at the right time. Do not take a double dose to make up for a missed dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, OLICARD R can cause side effects, although not everyone gets them.

If you experience a **headache** when you first start taking your capsules, contact your doctor or pharmacist immediately. Your doctor or pharmacist may need to adjust your dose.

The following side effects do not usually last long and are most likely to occur when you first start to take your medicine or if your dose has been increased. If they continue or if you are worried, contact your doctor or pharmacist immediately:

- light headedness when you stand up or move suddenly
- faintness

Also, some people experience:

- flushing
- dry skin rashes
- dizziness
- feeling sick
- itchy skin

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Reporting of side effects

If you get any side effects talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE OLICARD R

- Keep this medicine out of the sight and reach of children.
- Do not store above 25°C. Store in the original packaging.

- Do not use OLICARD R after the expiry date which is stated on the blister and carton. The expiry date refers to the last day of that month.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.