

## **PACKAGE LEAFLET: INFORMATION FOR THE USER**

### **Amlodipine GP 10 mg tablets**

Amlodipine

**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, pharmacist or nurse.
- 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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

#### **What is in this leaflet:**

1. What Amlodipine GP is and what it is used for
2. What you need to know before you take Amlodipine GP
3. How to take Amlodipine GP
4. Possible side effects
5. How to store Amlodipine GP
6. Contents of the pack and other information

#### **1. What Amlodipine GP is and what it is used for**

Amlodipine GP contains the active substance amlodipine which belongs to a group of medicines called calcium antagonists.

Amlodipine GP is used to treat high blood pressure (hypertension) or a certain type of chest pain called angina, a rare form of which is Prinzmetal's or variant angina.

In patients with high blood pressure this medicine works by relaxing blood vessels, so that blood passes through them more easily. In patients with angina, Amlodipine GP works by improving blood supply to the heart muscle which then receives more oxygen and as a result chest pain is prevented. This medicine does not provide immediate relief of chest pain from angina.

#### **2. What you need to know before you take Amlodipine GP**

##### **Do not take Amlodipine GP**

- If you are allergic (hypersensitive) to amlodipine, or any of the other ingredients of this medicine (listed in section 6), or to any other calcium antagonists. This may be itching, reddening of the skin or difficulty in breathing.
- If you have severe low blood pressure (hypotension).
- If you have narrowing of the aortic heart valve (aortic stenosis) or cardiogenic shock (a condition where your heart is unable to supply enough blood to the body).
- If you suffer from heart failure after a heart attack.

#### **Warnings and precautions**

Talk to your doctor or pharmacist before taking Amlodipine GP.

You should inform your doctor if you have or have had any of the following conditions:

- Recent heart attack
- Heart failure
- Severe increase in blood pressure (hypertensive crisis)
- Liver disease
- If you are elderly and your dose needs to be increased

### **Children and adolescents**

Amlodipine GP has not been studied in children under the age of 6 years. Amlodipine GP should only be used for hypertension in children and adolescents from 6 years to 17 years of age (see section 3).

For more information, talk to your doctor.

### **Other medicines and Amlodipine GP**

Tell your doctor or pharmacist if you are taking or have recently taken other medicines, including medicines obtained without a prescription.

Amlodipine GP may affect or be affected by other medicines, such as:

- Ketoconazole and itraconazole (anti-fungal medicines)
- Ritonavir, indinavir, nelfinavir (so called protease inhibitors used to treat HIV)
- Rifampicin, erythromycin, clarithromycin (antibiotics)
- *Hypericum perforatum* (St. John's Wort)
- Verapamil, diltiazem (heart medicines)
- Dantrolene (infusion for severe body temperature abnormalities)
- Tacrolimus (medicine used to alter the way your immune system works)
- Simvastatin (cholesterol lowering medicine)
- Cyclosporine (an immunosuppressant)

Amlodipine GP may lower your blood pressure even more if you are already taking other medicines to treat your high blood pressure.

### **Amlodipine GP with food and drink**

Grapefruit juice and grapefruit should not be consumed by people who are taking Amlodipine GP. This is because grapefruit and grapefruit juice can lead to an increase in the blood levels of amlodipine, which can cause an unpredictable increase in the blood pressure lowering effect of Amlodipine GP.

### **Pregnancy and breast-feeding**

#### **Pregnancy**

The safety of amlodipine in human pregnancy has not been established. If you think you might be pregnant, or are planning to get pregnant, you must tell your doctor before you take Amlodipine GP.

#### **Breast-feeding**

Amlodipine has been shown to pass into breast milk in small amounts. If you are breast-feeding or about to start breast-feeding you must tell your doctor before taking Amlodipine GP.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

Amlodipine GP may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

### **Important information about some of the ingredients of Amlodipine GP**

Amlodipine GP contains sodium.

Amlodipine GP contains less than 1 mmol sodium (23 mg) per tablet, which means is essentially 'sodium-free'.

### **3. How to take Amlodipine GP**

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended initial dose is Amlodipine GP 5 mg once daily. The dose can be increased to 10 mg once daily.

This medicine can be used before or after food and drinks. You should take this medicine at the same time each day, with a glass of water. Do not take Amlodipine GP with grapefruit juice.

### **Use in children and adolescents**

For children and adolescents (from 6 to 17 years old), the recommended usual starting dose is 2.5 mg a day. The maximum recommended dose is 5 mg a day. Amlodipine 2.5 mg is not currently available and the 2.5 mg dose cannot be obtained with Amlodipine GP 5 mg tablets, as these tablets are not manufactured to break into two equal halves.

It is important to keep taking the tablets. Do not wait until your tablets are finished before seeing your doctor.

### **If you take more Amlodipine GP than you should**

Taking too many tablets of Amlodipine GP may cause your blood pressure to become low or even dangerously low. You may feel dizzy, lightheaded, faint or weak. If blood pressure drop is severe enough shock can occur. Your skin could feel cool and clammy and you could lose consciousness. Seek immediate medical attention if you take too many Amlodipine GP tablets.

### **If you forget to take Amlodipine GP**

Do not worry. If you forget to take a tablet, leave out that dose completely. Take your next dose at the right time. Do not take a double dose to make up for a forgotten dose.

### **If you stop taking Amlodipine GP**

Your doctor will advise you how long to take your medicine.

Your condition may return if you stop using your medicine before you are advised.

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

### **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Visit your doctor immediately if you experience any of the following side effects after taking this medicine.

- Sudden wheeziness, chest pain, shortness of breath or difficulty in breathing
- Swelling of eyelids, face or lips
- Swelling of the tongue and throat which causes great difficulty breathing
- Severe skin reactions including intense skin rash, hives, reddening of the skin over your whole body, severe itching, blistering, peeling and swelling of the skin, inflammation of mucous membranes (Stevens Johnson Syndrome, toxic epidermal necrolysis) or other allergic reactions
- Heart attack, abnormal heart beat
- Inflamed pancreas which may cause severe abdominal and back pain accompanied with feeling very unwell.

The following very common side effects have been reported. If any of these cause you problems or if they last for more than one week, you should contact your doctor.

#### **Very common: may affect more than 1 in 10 people**

- Ankle swelling (oedema)

The following common side effects have been reported. If any of these cause you problems or if they last for more than one week, you should contact your doctor.

#### **Common: may affect up to 1 in 10 people**

- Headache, dizziness, sleepiness (especially at the beginning of treatment)
- Palpitations (awareness of your heart beat), flushing
- Abdominal pain, feeling sick (nausea)
- Altered bowel habits, diarrhoea, constipation, indigestion
- Tiredness, weakness
- Visual disturbances, double vision
- Muscle cramps

Other side effects that have been reported are included in the following list. If any of these get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**Uncommon: may affect up to 1 in 100 people**

- Mood swings, anxiety, depression, sleeplessness
- Trembling, taste abnormalities, fainting
- Numbness or tingling sensation in your limbs; loss of pain sensation
- Ringing in the ears
- Low blood pressure
- Sneezing/running nose caused by inflammation of the lining of the nose (rhinitis)
- Cough
- Dry mouth, vomiting (being sick)
- Hair loss, increased sweating, itchy skin, red patches on skin, skin discolouration
- Disorder in passing urine, increased need to urinate at night, increased number of times of passing urine
- Inability to obtain an erection; discomfort or enlargement of the breasts in men
- Pain, feeling unwell
- Joint or muscle pain, back pain
- Weight increase or decrease

**Rare: may affect up to 1 in 1000 people**

- Confusion

**Very rare: may affect up to 1 in 10 000 people**

- Decreased numbers of white blood cells, decrease in blood platelets which may result in unusual bruising or easy bleeding (red blood cell damage)
- Excess sugar in blood (hyperglycaemia)
- A disorder of the nerves which can cause weakness, tingling or numbness
- Swelling of the gums
- Abdominal bloating (gastritis)
- Abnormal liver function, inflammation of the liver (hepatitis), yellowing of the skin (jaundice), liver enzyme increase which may have an effect on some medical tests
- Increased muscle tension
- Inflammation of blood vessels, often with skin rash
- Sensitivity to light
- Disorders combining rigidity, tremor, and/or movement disorders

**Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. 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 Amlodipine GP**

Store below 30°C.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the outer pack after EXP. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Amlodipine GP contains**

The active substance in Amlodipine GP 10 mg tablets is amlodipine (as besilate).

The other ingredients are microcrystalline cellulose, calcium hydrogen phosphate dihydrate, sodium starch glycolate (type A) and magnesium stearate.

### **What Amlodipine GP looks like and contents of the pack**

10 mg tablets: are presented in the form of tablets in packs of 10, 20, 30 or 60 tablets.

The score line is only to facilitate breaking for ease of swallowing, and not to divide into equal doses.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder and Manufacturer**

#### **Marketing Authorisation Holder**

GP – Genéricos Portugueses, Lda.  
Rua Henrique de Paiva Couceiro, nº 29, Venda Nova  
2700-451 Amadora  
Portugal

#### **Manufacturer**

Farmalabor - Produtos Farmacêuticos, S.A.  
Zona Industrial de Condeixa-a-Nova  
3150-194 Condeixa-a-Nova  
Portugal

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