



**Read all of this leaflet carefully before you start taking this medicine**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, health care provider or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, health care provider or pharmacist.

**In this leaflet:**

- a) What Turbovas is and what it is used for
- b) Before you take Turbovas
- c) How to take Turbovas
- d) Possible Side Effects
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**a. What Turbovas is and what it is used for**

Turbovas belongs to a group of medicines called statins.

**You have been prescribed Rosuvastatin because:**

- You have a high cholesterol level. This means you are at risk from a heart attack or stroke. Rosuvastatin tablets are used in adults, adolescents and children 6 years or older to treat high cholesterol.
- You have been advised to take a statin, because changing your diet and taking more exercise were not enough to correct your cholesterol levels. You should continue with your cholesterol-lowering diet and exercise while you are taking Rosuvastatin tablets.

Or

- You have other factors that increase your risk of having a heart attack, stroke or related health problems.

Heart attack, stroke and other problems can be caused by a disease called atherosclerosis. Atherosclerosis is due to build-up of fatty deposits in your arteries.

## **Why is it important to keep taking Rosuvastatin tablets**

Rosuvastatin tablets are used to correct the levels of fatty substances in the blood called lipids, the most common of which is cholesterol.

There are different types of cholesterol found in the blood – ‘bad’ cholesterol (LDL-C) and ‘good’ cholesterol (HDL-C).

- Rosuvastatin can reduce the ‘bad’ cholesterol and increase the ‘good’ cholesterol.
- They works by helping to block your body’s production of ‘bad’ cholesterol. They also improves your body’s ability to remove it from your blood.

For most people, high cholesterol does not affect the way they feel because it does not produce any symptoms. However, if it is left untreated, fatty deposits can build up in the walls of your blood vessels causing them to narrow.

Sometimes, these narrowed blood vessels can get blocked which can cut off the blood supply to the heart or brain leading to a heart attack or a stroke. By lowering your cholesterol levels, you can reduce your risk of having a heart attack, a stroke or related health problems.

You need to keep taking Rosuvastatin, even if it has got your cholesterol to the right level, because it prevents your cholesterol levels from creeping up again and causing build up of fatty deposits. However, you should stop if your doctor tells you to do so, or you have become pregnant.

### **b. Before you take Turbovas**

#### **Do not take Rosuvastatin:**

- If you have ever had an allergic reaction to Rosuvastatin, or any of the other ingredients of this medicine.
- If you are pregnant or breast-feeding. If you become pregnant while taking Rosuvastatin stop taking it immediately and tell your doctor. Women should avoid becoming pregnant while taking Rosuvastatin by using suitable contraception.
- If you have liver disease.
- If you have severe kidney problems.
- If you have repeated or unexplained muscle aches or pains.
- If you take a drug called ciclosporin (used, for example, after organ transplants).If any of the above applies to you (or you are in doubt), please go back and see your doctor.

In addition, do not take Rosuvastatin 40 mg (the highest dose):

- If you have moderate kidney problems (if in doubt, please ask your doctor).
- If your thyroid gland is not working properly.

- If you have had any repeated or unexplained muscle aches or pains, a personal or family history of muscle problems, or a previous history of muscle problems when taking other cholesterol-lowering medicines.
- If you regularly drink large amounts of alcohol.
- If you are of Asian origin (Japanese, Chinese, Filipino, Vietnamese, Korean and Indian).
- If you take other medicines called fibrates to lower your cholesterol.

If any of the above applies to you (or you are in doubt), please go back and see your doctor.

### **Take special care with Rosuvastatin**

Talk to your doctor or pharmacist before taking Rosuvastatin.

- If you have problems with your kidneys.
- If you have problems with your liver.
- If you have had repeated or unexplained muscle aches or pains, a personal or family history of muscle problems, or a previous history of muscle problems when taking other cholesterol-lowering medicines. Tell your doctor immediately if you have unexplained muscle aches or pains, especially if you feel unwell or have a fever. Also, tell your doctor or pharmacist if you have a muscle weakness that is constant.
- If you have or have had myasthenia (a disease with general muscle weakness including in some cases muscles used when breathing), or ocular myasthenia (a disease causing eye muscle weakness) as statins may sometimes aggravate the condition or lead to the occurrence of myasthenia.
- If you have ever developed a severe skin rash or skin peeling, blistering and/or mouth sores after taking Rosuvastatin Tablets or other related medicines.
- If you regularly drink large amounts of alcohol.
- If your thyroid gland is not working properly.
- If you take other medicines called fibrates to lower your cholesterol. Please read this leaflet carefully, even if you have taken other medicines for high cholesterol before.
- If you take medicines used to treat the HIV infection e.g. ritonavir with lopinavir and/or atazanavir, please see following “Other medicines and Rosuvastatin”.
- If you are taking or have taken in the last 7 days a medicine called fusidic acid (a medicine for bacterial infection), orally or by injection. The combination of fusidic acid and Rosuvastatin can lead to serious muscle problems (rhabdomyolysis), please see “Other medicines and Rosuvastatin”.
- If you are over 70 (as your doctor needs to choose the right start dose of Rosuvastatin to suit you)
- If you have severe respiratory failure.

- If you are of Asian origin – that is Japanese, Chinese, Filipino, Vietnamese, Korean and Indian. Your doctor needs to choose the right start dose of Rosuvastatin to suit you.

If any of the above applies to you (or if you are not sure):

- Do not take Rosuvastatin 40 mg (the highest dose) and check with your doctor or pharmacist before you actually start taking any dose of Rosuvastatin.

Serious skin reactions including Stevens-Johnson syndrome and drug reaction with eosinophilia and systemic symptoms (DRESS) have been reported in association with Rosuvastatin tablets treatment. Stop using Rosuvastatin tablets and seek medical attention immediately.

In a small number of people, statins can affect the liver. This is identified by a simple test which looks for increased levels of liver enzymes in the blood. For this reason, your doctor will usually carry out this blood test (liver function test) before and during treatment with Rosuvastatin.

While you are on this medicine your doctor will monitor you closely if you have diabetes or are at risk of developing diabetes. You are likely to be at risk of developing diabetes if you have high levels of sugars and fats in your blood, are overweight and have high blood pressure.

Children and adolescents:

- If the patient is under 6 years old: Rosuvastatin should not be given to children younger than 6 years.
- If the patient is below 18 years of age: The Rosuvastatin 40 mg tablet is not suitable for use in children and adolescents below 18 years of age.

### **Taking Rosuvastatin and Other medicines**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines

Tell your doctor if you are taking any of the following:

- ciclosporin (used for example, after organ transplants),
- warfarin or clopidogrel (or any other drug used for thinning the blood),
- fibrates (such as gemfibrozil, fenofibrate) or any other medicine used to lower cholesterol (such as ezetimibe),
- indigestion remedies (used to neutralise acid in your stomach),
- erythromycin (an antibiotic), fusidic acid (an antibiotic – please see below and Warnings and precautions),
- an oral contraceptive (the pill),
- regorafenib (used to treat cancer),
- darolutamide (used to treat cancer),
- capmatinib (used to treat cancer),
- hormone replacement therapy

- fostamatinib (used to treat low platelet counts),
- febuxostat (used to treat and prevent high blood levels of uric acid),
- teriflunomide (used to treat multiple sclerosis)
- any of the following drugs used to treat viral infections, including HIV or hepatitis C infection, alone or in combination (please see Warnings and precautions): ritonavir, lopinavir, atazanavir, ombitasvir, paritaprevir, Dasabuvir, velpatasvir, grazoprevir, elbasvir, glecaprevir, pibrentasvir.

The effects of these medicines could be changed by Rosuvastatin or they could change the effects of Rosuvastatin.

If you need to take oral fusidic acid to treat a bacterial infection you will need to temporarily stop using this medicine. Your doctor will tell you when it is safe to restart Rosuvastatin. Taking Rosuvastatin with fusidic acid may rarely lead to muscle weakness, tenderness or pain (rhabdomyolysis).

### **Taking Rosuvastatin with food and drink**

You can take it at any time of the day with or without food.

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

Do not take Rosuvastatin if you are pregnant or breast-feeding. If you become pregnant while taking Rosuvastatin stop taking it immediately and tell your doctor. Women should avoid becoming pregnant while taking Rosuvastatin by using suitable contraception.

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

### **Driving and using machines**

Most people can drive a car and operate machinery while using Rosuvastatin – it will not affect their ability. However, some people feel dizzy during treatment with Rosuvastatin. If you feel dizzy, consult your doctor before attempting to drive or use machines.

Rosuvastatin contains lactose.

If you have been told by your doctor that you have an intolerance to some sugars (lactose or milk sugar), contact your doctor before taking Rosuvastatin.

## **c. How to take Turbovas**

Always take Turbovas exactly as your doctor or health care provider has told you. You should check with your doctor or pharmacist if you are not sure. The usual dose is 20mg

### **Usual doses in adults**

If you are taking Rosuvastatin tablets for high cholesterol:

#### **Starting dose**

Your treatment with Rosuvastatin tablets must start with the **5 mg or the 10 mg dose**, even if you have taken a higher dose of a different statin before. The choice of your start dose will depend upon:

- Your cholesterol level
- The level of risk you have of experiencing a heart attack or stroke.
- Whether you have a factor that may make you more sensitive to possible side effects.

Please check with your doctor or pharmacist which start dose of Rosuvastatin tablets will best suit you.

Your doctor may decide to give you the lowest dose (5 mg) if:

- You are of Asian origin (Japanese, Chinese, Filipino, Vietnamese, Korean and Indian).
- You are over 70 years of age.
- You have moderate kidney problems.
- You are at risk of muscle aches and pains (myopathy).

### **Increasing the dose and maximum daily dose**

Your doctor may decide to increase your dose. This is so that you are taking the amount of Rosuvastatin that is right for you. If you started with a 5 mg dose, your doctor may decide to double this to 10 mg, then 20 mg and then 40 mg if necessary. If you started on 10 mg, your doctor may decide to double this to 20 mg and then 40 mg if necessary. There will be a gap of four weeks between every dose adjustment.

The maximum daily dose of Rosuvastatin is 40 mg. It is only for patients with high cholesterol levels and a high risk of heart attacks or stroke whose cholesterol levels are not lowered enough with 20 mg.

### **If you are taking Rosuvastatin tablets to reduce your risk of having a heart attack, stroke or related health problems:**

The recommended dose is 20 mg daily. However, your doctor may decide to use a lower dose if you have any of the factors mentioned above.

### **Use in children and adolescents aged 6-17 years**

The dose range in children and adolescents aged 6 to 17 years is 5 to 20 mg once daily. The usual start dose is 5 mg per day, and your doctor may gradually increase your dose to find the right amount of Rosuvastatin for you. The maximum daily dose of Rosuvastatin is 10 mg or 20 mg for children aged 6 to 17 years depending on your underlying condition being treated. Take your dose once a day. Rosuvastatin tablets **40 mg** tablet should **not** be used by children.

### **Taking your tablets**

Swallow each tablet whole with a drink of water.

**Take Rosuvastatin tablets once daily.** You can take it at any time of the day with or without food.

Try to take your tablet at the same time every day to help you to remember it.

### **Regular cholesterol checks**

It is important to go back to your doctor for regular cholesterol checks, to make sure your cholesterol has reached and is staying at the correct level.

Your doctor may decide to increase your dose so that you are taking the amount of Rosuvastatin tablets that is right for you

**If you take more Rosuvastatin than you should**

Contact your doctor or nearest hospital for advice.

If you go into hospital or receive treatment for another condition, tell the medical staff that you're taking Rosuvastatin.

**If you forget to take Rosuvastatin**

Don't worry; just take your next scheduled dose at the correct time. Do not take a double dose to make up for a forgotten dose.

**If you stop taking Rosuvastatin**

Talk to your doctor if you want to stop taking Rosuvastatin. Your cholesterol levels might increase again if you stop taking Rosuvastatin.

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

**d. Possible side effects**

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

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

**Stop taking Rosuvastatin and seek medical help immediately** if you have any of the following allergic reactions:

- Difficulty in breathing, with or without swelling of the face, lips, tongue and/or throat
- Swelling of the face, lips, tongue and/or throat, which may cause difficulty in swallowing
- Severe itching of the skin (with raised lumps).
- Reddish non-elevated, target-like or circular patches on the trunk, often with central blisters, skin peeling, ulcers of mouth, throat, nose, genitals and eyes. These serious skin rashes can be preceded by fever and flu-like symptoms (Stevens-Johnson syndrome).
- Widespread rash, high body temperature and enlarged lymph nodes (DRESS syndrome or drug hypersensitivity syndrome).

**Also, stop taking Rosuvastatin and talk to your doctor immediately**

- If you have any unusual aches or pains in your muscles which go on for longer than you might expect. Muscle symptoms are more common in children and adolescents than in adults. As with other statins, a very small number of people have experienced unpleasant muscle effects and rarely these have gone on to become a potentially life threatening muscle damage known as *rhabdomyolysis*.

- If you experience muscle rupture.
- If you have lupus-like disease syndrome (including rash, joint disorders and effects on blood cells).

**Common (these may affect up to 1 in 10 people):**

- Headache, stomach pain, constipation, feeling sick, muscle pain, feeling weak, dizziness.
- An increase in the amount of protein in the urine - this usually returns to normal on its own without having to stop taking your Rosuvastatin Tablets (only Rosuvastatin Tablets 40 mg).
- Diabetes. This is more likely if you have high levels of sugars and fats in your blood, are overweight and have high blood pressure. Your doctor will monitor you while you are taking this medicine.

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

- Rash, itching or other skin reactions.
- An increase in the amount of protein in the urine - this usually returns to normal on its own without having to stop taking your Rosuvastatin Tablets (only Rosuvastatin Tablets 5 mg, 10 mg and 20 mg).

**Rare (may affect up to 1 in 1,000 people):**

- Severe allergic reaction – signs include swelling of the face, lips, tongue and/or throat, difficulty in swallowing and breathing, a severe itching of the skin (with raised lumps). If you think you are having an allergic reaction, then stop taking Rosuvastatin Tablets and seek medical help immediately.
- Muscle damage in adults – as a precaution, stop taking Rosuvastatin Tablets and talk to your doctor immediately if you have any unusual aches or pains in your muscles which go on for longer than expected.
- A severe stomach pain (inflamed pancreas).
- Increase in liver enzymes in the blood.
- Bleeding or bruising more easily than normal due to low level of blood platelets.
- Lupus-like disease syndrome (including rash, joint disorders and effects on blood cells).

**Very rare (these may affect less than 1 in 10,000 patients):**

- Jaundice (yellowing of the skin and eyes), hepatitis (an inflamed liver), traces of blood in your urine, damage to the nerves of your legs and arms (such as numbness), joint pain, memory loss and breast enlargement in men (gynaecomastia).

**Not known: frequency cannot be estimated from the available data**

- Diarrhoea (loose stools), cough, shortness of breath, oedema (swelling), sleep disturbances, including insomnia and nightmares, sexual difficulties, depression, breathing problems, including persistent cough and/or shortness of breath or fever, tendon injury and muscle weakness that is constant.
- Myasthenia gravis (a disease causing general muscle weakness including in some cases muscles used when breathing). Ocular myasthenia (a disease causing eye muscle weakness). Talk to your doctor if



you experience weakness in your arms or legs that worsens after periods of activity, double vision or drooping of your eyelids, difficulty swallowing, or shortness of breath.

#### **e. How to store Turbovas**

Keep out of the reach and sight of children.

Do not store above 30°C, Store in the original container or carton

Do not use Turbovas after the expiry date which is stated on the label/carton/bottle after EXP. The expiry date refers to the last day of the month.

Do not use Turbovas If you notice the visible signs of deterioration.

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 to protect the environment.

#### **f. Further information**

##### **What Turbovas contains**

The active substance is Rosuvastatin

The other ingredients are:

Tribasic calcium phosphate, Microcrystalline cellulose, Crospovidone Type-A, Lactose, Povidone K 30, Magnesium Stearate, Instacoat universal orange (A05R00168}

##### **What Turbovas looks like and contents of the pack**

Orange colored, circular, biconvex, film coated tablets with 'MICRO' engraved on one surface and plain on other surface

Alu/alu blister pack of 3×10 tablets. Such 3 blisters are packed in carton along with pack insert.

#### **Name and full physical address of Marketing Authorization Holder and Manufacturing site**

##### **Marketing Authorization Holder**

##### **MICRO LABS LIMITED**

31, Race course road

Bangalore-560001

INDIA

##### **Manufacturer**

##### **MICRO LABS LIMITED**

No. 92, Sipcot Industrial Complex

Hosur -635 126 (TN)

INDIA

**For any information about this medicinal product, please contact the <local representative of the> supplier:**

**Country: Rwanda**

M/s.Wessex

Pharmaceuticals (Rwanda) Ltd

C/o.Phillips Pharmaceuticals (Rwanda) Ltd

Shop No: Gf68, Kigali Modern City Market Commercial Street

Kigali, Rwanda

**This leaflet was last approved in**

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