

## Package leaflet: Information for the patient

### Co-Irbea 150 mg/12.5 mg tablets

irbesartan/hydrochlorothiazide

**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. See section 4.

#### What is in this leaflet

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

#### 1. What Co-Irbea is and what it is used for

Co-Irbea is a combination of two active substances, irbesartan and hydrochlorothiazide. Irbesartan belongs to a group of medicines known as angiotensin-II receptor antagonists. Angiotensin-II is a substance produced in the body that binds to receptors in blood vessels causing them to tighten. This results in an increase in blood pressure. Irbesartan prevents the binding of angiotensin-II to these receptors, causing the blood vessels to relax and the blood pressure to lower.

Hydrochlorothiazide is one of a group of medicines (called thiazide diuretics) that causes increased urine output and so causes a lowering of blood pressure.

The two active ingredients in Co-Irbea work together to lower blood pressure further than if either was given alone.

**Co-Irbea is used to treat high blood pressure**, when treatment with irbesartan or hydrochlorothiazide alone did not provide adequate control of your blood pressure.

#### 2. What you need to know before you take Co-Irbea

##### Do not take Co-Irbea

- if you are **allergic** to irbesartan or any of the other ingredients of this medicine (listed in section 6)
- if you are **allergic** to hydrochlorothiazide or any other sulfonamide-derived medicines
- if you are **more than 3 months pregnant**. (It is also better to avoid Co-Irbea in early pregnancy – see pregnancy section)
- if you have **severe liver or kidney problems**
- if you have **difficulty in producing urine**
- if your doctor determines that you have **persistently high calcium or low potassium levels in your blood**
- **if you have diabetes or impaired kidney function** and you are treated with a blood pressure lowering medicine containing aliskiren

## Warnings and precautions

Talk to your doctor before taking Co-Irbea and **if any of the following apply to you:**

- if you get **excessive vomiting or diarrhoea**
- if you suffer from **kidney problems** or have a **kidney transplant**
- if you suffer from **heart problems**
- if you suffer from **liver problems**
- if you suffer from **diabetes**
- if you suffer from **lupus erythematosus** (also known as lupus or SLE)
- if you suffer from **primary aldosteronism** (a condition related to high production of the hormone aldosterone, which causes sodium retention and, in turn, an increase in blood pressure).
- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipiril), in particular if you have diabetes-related kidney problems.
  - aliskiren.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

See also information under the heading “Do not take Co-Irbea”.

You must tell your doctor if you think you are (or might become) pregnant. Co-Irbea is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

### You should also tell your doctor:

- if you are on a **low-salt diet**
- if you have signs such as **abnormal thirst, dry mouth, general weakness, drowsiness, muscle pain or cramps, nausea, vomiting**, or an **abnormally fast heart beat** which may indicate an excessive effect of hydrochlorothiazide (contained in Co-Irbea)
- if you experience an increased **sensitivity of the skin to the sun** with symptoms of sunburn (such as redness, itching, swelling, blistering) occurring more quickly than normal
- if you are **going to have an operation** (surgery) or **be given anaesthetics**
- if you have **changes in your vision or pain in one or both of your eyes** while taking Co-Irbea. This could be a sign that you are developing glaucoma, increased pressure in your eye(s). You should discontinue Co-Irbea treatment and seek medical attention.

The hydrochlorothiazide contained in this medicine could produce a positive result in an anti-doping test.

### Children and adolescents

Co-Irbea should not be given to children and adolescents (under 18 years).

### Other medicines and Co-Irbea

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

Diuretic agents such as the hydrochlorothiazide contained in Co-Irbea may have an effect on other medicines. Preparations containing lithium should not be taken with Co-Irbea without close supervision by your doctor.

Your doctor may need to change your dose and/or to take other precautions:

If you are taking an ACE-inhibitor or aliskiren (see also information under the headings “Do not take Co-Irbea” and “Warnings and precautions”).

**You may need to have blood checks if you take:**

- potassium supplements
- salt substitutes containing potassium
- potassium sparing medicines or other diuretics (water tablets)
- some laxatives
- medicines for the treatment of gout
- therapeutic vitamin D supplements
- medicines to control heart rhythm
- medicines for diabetes (oral agents or insulins)
- carbamazepine (a medicine for the treatment of epilepsy).

It is also important to tell your doctor if you are taking other medicines to reduce your blood pressure, steroids, medicines to treat cancer, pain killers, arthritis medicines, or colestyramine and colestipol resins for lowering blood cholesterol.

**Co-Irbea with food and drink**

Co-Irbea can be taken with or without food.

Due to the hydrochlorothiazide contained in Co-Irbea, if you drink alcohol while on treatment with this medicine, you may have an increased feeling of dizziness on standing up, specially when getting up from a sitting position.

**Pregnancy, breast-feeding and fertility**

**Pregnancy**

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Co-Irbea before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Co-Irbea. Co-Irbea is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

**Breast-feeding**

Tell your doctor if you are breast-feeding or about to start breast-feeding. Co-Irbea is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

## **Driving and using machines**

No studies on the effects on the ability to drive and use machines have been performed. Co-Irbea is unlikely to affect your ability to drive or use machines. However, occasionally dizziness or weariness may occur during treatment of high blood pressure. If you experience these, talk to your doctor before attempting to drive or use machines.

**Co-Irbea contains lactose.** If you have been told by your doctor that you have an intolerance to some sugars (e.g. lactose), contact your doctor before taking this medicine.

## **3. How to take Co-Irbea**

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

### **Dosage**

The recommended dose of Co-Irbea is one or two tablets a day. Co-Irbea will usually be prescribed by your doctor when your previous treatment did not reduce your blood pressure enough. Your doctor will instruct you how to switch from the previous treatment to Co-Irbea.

### **Method of administration**

Co-Irbea is for **oral use**. Swallow the tablets with a sufficient amount of fluid (e.g. one glass of water). You can take Co-Irbea with or without food. Try to take your daily dose at about the same time each day. It is important that you continue to take Co-Irbea until your doctor tells you otherwise.

The maximal blood pressure lowering effect should be reached 6-8 weeks after beginning treatment.

### **If you take more Co-Irbea than you should**

If you accidentally take too many tablets, contact your doctor immediately.

### **Children should not take Co-Irbea**

Co-Irbea should not be given to children under 18 years of age. If a child swallows some tablets, contact your doctor immediately.

### **If you forget to take Co-Irbea**

If you accidentally miss a daily dose, just take the next dose as normal. Do not take a double dose to make up for a forgotten dose.

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. Some of these effects may be serious and may require medical attention.

Rare cases of allergic skin reactions (rash, urticaria), as well as localised swelling of the face, lips and/or tongue have been reported in patients taking irbesartan.

**If you get any of the above symptoms or get short of breath**, stop taking Co-Irbea and contact your doctor immediately.

The frequency of the side effects listed below is defined using the following convention:

Common: may affect up to 1 in 10 people

Uncommon: may affect up to 1 in 100 people

Side effects reported in clinical studies for patients treated with Co-Irbea were:

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

- nausea/vomiting
- abnormal urination
- fatigue
- dizziness (including when getting up from a lying or sitting position)
- blood tests may show raised levels of an enzyme that measures the muscle and heart function (creatine kinase) or raised levels of substances that measure kidney function (blood urea nitrogen, creatinine).

**If any of these side effects causes you problems**, talk to your doctor.

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

- diarrhoea
- low blood pressure
- fainting
- heart rate increased
- flushing
- swelling
- sexual dysfunction (problems with sexual performance)
- blood tests may show lowered levels of potassium and sodium in your blood.

**If any of these side effects causes you problems**, talk to your doctor.

#### **Side effects reported since the launch of Irbesartan hydrochlorothiazide**

Some undesirable effects have been reported since marketing of **Irbesartan hydrochlorothiazide**. Undesirable effects where the frequency is not known are: headache, ringing in the ears, cough, taste disturbance, indigestion, pain in joints and muscles, liver function abnormal and impaired kidney function, increased level of potassium in your blood and allergic reactions such as rash, hives, swelling of the face, lips, mouth, tongue or throat. Uncommon cases of jaundice (yellowing of the skin and/or whites of the eyes) have also been reported.

As for any combination of two active substances, side effects associated with each individual component cannot be excluded.

#### **Side effects associated with irbesartan alone**

In addition to the side effects listed above, chest pain has also been reported.

#### **Side effects associated with hydrochlorothiazide alone**

Loss of appetite; stomach irritation; stomach cramps; constipation; jaundice (yellowing of the skin and/or whites of the eyes); inflammation of the pancreas characterised by severe upper stomach pain, often with nausea and vomiting; sleep disorders; depression; blurred vision; lack of white blood cells, which can result in frequent infections, fever; decrease in the number of platelets (a blood cell essential for the clotting of the blood), decreased number of red blood cells (anaemia) characterised by tiredness, headaches, being short of breath when exercising,

dizziness and looking pale; kidney disease; lung problems including pneumonia or build-up of fluid in the lungs; increased sensitivity of the skin to the sun; inflammation of blood vessels; a skin disease characterized by the peeling of the skin all over the body; cutaneous lupus erythematosus, which is identified by a rash that may appear on the face, neck, and scalp; allergic reactions; weakness and muscle spasm; altered heart rate; reduced blood pressure after a change in body position; swelling of the salivary glands; high sugar levels in the blood; sugar in the urine; increases in some kinds of blood fat; high uric acid levels in the blood, which may cause gout.

It is known that side effects associated with hydrochlorothiazide may increase with higher doses of hydrochlorothiazide.

#### 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 Co-Irbea**

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 carton and on the blister after EXP. The expiry date refers to the last day of that month.

Do not store above 30°C.

Store in the original package in order to protect from moisture.

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 Co-Irbea contains**

The active substances are irbesartan and hydrochlorothiazide.

The other ingredients are povidone (E-1201), microcrystalline cellulose (E-460), croscarmellose sodium, lactose monohydrate, magnesium stearate (E-470B), colloidal anhydrous silica, corn starch without gluten and hydrogenated castor oil.

#### **What Co-Irbea looks like and contents of the pack**

Co-Irbea 150 mg/12.5 mg tablets is supplied in cylindrical, biconvex, engraved IH1 and white tablets that contain 150 mg of irbesartan and 12.5 mg of hydrochlorothiazide.

Co-Irbea 150 mg/12.5 mg tablets is supplied in packs containing 28 tablets (in 7 tablets blister x 4 packs).

#### **Manufacturers:**

#### **Dosage form**

**Laboratorios Cinfa, S.A.**

**Avda. Roncesvalles s/n.**

**31699 Olloki (Navarra). Spain**

**Batch Releaser**

**Laboratorios Cinfa, S.A.**

**Olaz-Chipi, 10 - Polígono Industrial Areta  
31620 Huarte-Pamplona (Navarre) - Spain**

**Marketing Authorisation Holder**

**Laboratorios Cinfa, S.A.**

**Olaz-Chipi, 10 - Polígono Industrial Areta  
31620 Huarte-Pamplona (Navarre) - Spain**

**This leaflet was last revised in September 2014**

**This is a Medicament**

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are the experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

**Council of Arab Health Ministers**

**Union of Arab Pharmacists**

**Package leaflet: Information for the patient**  
**Co-Irbea 300 mg/12.5 mg tablets**  
irbesartan/hydrochlorothiazide

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- Keep this leaflet. You may need to read it again.
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6. Contents of the pack and other information

**1. What Co-Irbea is and what it is used for**

Co-Irbea is a combination of two active substances, irbesartan and hydrochlorothiazide. Irbesartan belongs to a group of medicines known as angiotensin-II receptor antagonists. Angiotensin-II is a substance produced in the body that binds to receptors in blood vessels causing them to tighten. This results in an increase in blood pressure. Irbesartan prevents the binding of angiotensin-II to these receptors, causing the blood vessels to relax and the blood pressure to lower.

Hydrochlorothiazide is one of a group of medicines (called thiazide diuretics) that causes increased urine output and so causes a lowering of blood pressure.

The two active ingredients in Co-Irbea work together to lower blood pressure further than if either was given alone.

**Co-Irbea is used to treat high blood pressure**, when treatment with irbesartan or hydrochlorothiazide alone did not provide adequate control of your blood pressure.

**2. What you need to know before you take Co-Irbea**

**Do not take Co-Irbea**

- if you are **allergic** to irbesartan or any of the other ingredients of this medicine (listed in section 6)
- if you are **allergic** to hydrochlorothiazide or any other sulfonamide-derived medicines
- if you are **more than 3 months pregnant**. (It is also better to avoid Co-Irbea in early pregnancy – see pregnancy section)
- if you have **severe liver or kidney problems**
- if you have **difficulty in producing urine**
- if your doctor determines that you have **persistently high calcium or low potassium levels in your blood**



- **if you have diabetes or impaired kidney function** and you are treated with a blood pressure lowering medicine containing aliskiren

### Warnings and precautions

Talk to your doctor before taking Co-Irbea and **if any of the following apply to you:**

- if you get **excessive vomiting or diarrhoea**
- if you suffer from **kidney problems** or have a **kidney transplant**
- if you suffer from **heart problems**
- if you suffer from **liver problems**
- if you suffer from **diabetes**
- if you suffer from **lupus erythematosus** (also known as lupus or SLE)
- if you suffer from **primary aldosteronism** (a condition related to high production of the hormone aldosterone, which causes sodium retention and, in turn, an increase in blood pressure).
- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipiril), in particular if you have diabetes-related kidney problems.
  - aliskiren.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

See also information under the heading “Do not take Co-Irbea”.

You must tell your doctor if you think you are (or might become) pregnant. Co-Irbea is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

### You should also tell your doctor:

- if you are on a **low-salt diet**
- if you have signs such as **abnormal thirst, dry mouth, general weakness, drowsiness, muscle pain or cramps, nausea, vomiting**, or an **abnormally fast heart beat** which may indicate an excessive effect of hydrochlorothiazide (contained in Co-Irbea)
- if you experience an increased **sensitivity of the skin to the sun** with symptoms of sunburn (such as redness, itching, swelling, blistering) occurring more quickly than normal
- if you are **going to have an operation** (surgery) or **be given anaesthetics**
- if you have **changes in your vision or pain in one or both of your eyes** while taking Co-Irbea. This could be a sign that you are developing glaucoma, increased pressure in your eye(s). You should discontinue Co-Irbea treatment and seek medical attention.

The hydrochlorothiazide contained in this medicine could produce a positive result in an anti-doping test.

### Children and adolescents

Co-Irbea should not be given to children and adolescents (under 18 years).

### Other medicines and Co-Irbea

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

Diuretic agents such as the hydrochlorothiazide contained in Co-Irbea may have an effect on other medicines. Preparations containing lithium should not be taken with Co-Irbea without close supervision by your doctor.

Your doctor may need to change your dose and/or to take other precautions:

If you are taking an ACE-inhibitor or aliskiren (see also information under the headings “Do not take Co-Irbea” and “Warnings and precautions”).

**You may need to have blood checks if you take:**

- potassium supplements
- salt substitutes containing potassium
- potassium sparing medicines or other diuretics (water tablets)
- some laxatives
- medicines for the treatment of gout
- therapeutic vitamin D supplements
- medicines to control heart rhythm
- medicines for diabetes (oral agents or insulins)
- carbamazepine (a medicine for the treatment of epilepsy).

It is also important to tell your doctor if you are taking other medicines to reduce your blood pressure, steroids, medicines to treat cancer, pain killers, arthritis medicines, or colestyramine and colestipol resins for lowering blood cholesterol.

**Co-Irbea with food and drink**

Co-Irbea can be taken with or without food.

Due to the hydrochlorothiazide contained in Co-Irbea, if you drink alcohol while on treatment with this medicine, you may have an increased feeling of dizziness on standing up, specially when getting up from a sitting position.

**Pregnancy, breast-feeding and fertility**

**Pregnancy**

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Co-Irbea before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Co-Irbea. Co-Irbea is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

**Breast-feeding**

Tell your doctor if you are breast-feeding or about to start breast-feeding. Co-Irbea is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

### **Driving and using machines**

No studies on the effects on the ability to drive and use machines have been performed. Co-Irbea is unlikely to affect your ability to drive or use machines. However, occasionally dizziness or weariness may occur during treatment of high blood pressure. If you experience these, talk to your doctor before attempting to drive or use machines.

**Co-Irbea contains lactose.** If you have been told by your doctor that you have an intolerance to some sugars (e.g. lactose), contact your doctor before taking this medicine.

### **3. How to take Co-Irbea**

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

#### **Dosage**

The recommended dose of Co-Irbea is one tablet a day. Co-Irbea will usually be prescribed by your doctor when your previous treatment did not reduce your blood pressure enough. Your doctor will instruct you how to switch from the previous treatment to Co-Irbea.

#### **Method of administration**

Co-Irbea is for **oral use**. Swallow the tablets with a sufficient amount of fluid (e.g. one glass of water). You can take Co-Irbea with or without food. Try to take your daily dose at about the same time each day. It is important that you continue to take Co-Irbea until your doctor tells you otherwise.

The maximal blood pressure lowering effect should be reached 6-8 weeks after beginning treatment.

#### **If you take more Co-Irbea than you should**

If you accidentally take too many tablets, contact your doctor immediately.

#### **Children should not take Co-Irbea**

Co-Irbea should not be given to children under 18 years of age. If a child swallows some tablets, contact your doctor immediately.

#### **If you forget to take Co-Irbea**

If you accidentally miss a daily dose, just take the next dose as normal. Do not take a double dose to make up for a forgotten dose.

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. Some of these effects may be serious and may require medical attention.

Rare cases of allergic skin reactions (rash, urticaria), as well as localised swelling of the face, lips and/or tongue have been reported in patients taking irbesartan.

**If you get any of the above symptoms or get short of breath**, stop taking Co-Irbea and contact your doctor immediately.

The frequency of the side effects listed below is defined using the following convention:

Common: may affect up to 1 in 10 people

Uncommon: may affect up to 1 in 100 people

Side effects reported in clinical studies for patients treated with Co-Irbea were:

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

- nausea/vomiting
- abnormal urination
- fatigue
- dizziness (including when getting up from a lying or sitting position)
- blood tests may show raised levels of an enzyme that measures the muscle and heart function (creatine kinase) or raised levels of substances that measure kidney function (blood urea nitrogen, creatinine).

**If any of these side effects causes you problems**, talk to your doctor.

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

- diarrhoea
- low blood pressure
- fainting
- heart rate increased
- flushing
- swelling
- sexual dysfunction (problems with sexual performance)
- blood tests may show lowered levels of potassium and sodium in your blood.

**If any of these side effects causes you problems**, talk to your doctor.

**Side effects reported since the launch of Irbesartan hydrochlorothiazide**

Some undesirable effects have been reported since marketing of Irbesartan hydrochlorothiazide.

Undesirable effects where the frequency is not known are: headache, ringing in the ears, cough, taste disturbance, indigestion, pain in joints and muscles, liver function abnormal and impaired kidney function, increased level of potassium in your blood and allergic reactions such as rash, hives, swelling of the face, lips, mouth, tongue or throat. Uncommon cases of jaundice (yellowing of the skin and/or whites of the eyes) have also been reported.

As for any combination of two active substances, side effects associated with each individual component cannot be excluded.

**Side effects associated with irbesartan alone**

In addition to the side effects listed above, chest pain has also been reported.

**Side effects associated with hydrochlorothiazide alone**

Loss of appetite; stomach irritation; stomach cramps; constipation; jaundice (yellowing of the skin and/or whites of the eyes); inflammation of the pancreas characterised by severe upper stomach pain, often with nausea and vomiting; sleep disorders; depression; blurred vision; lack of white blood cells, which can result in frequent infections, fever; decrease in the number of platelets (a blood cell essential for the clotting of the blood), decreased number of red blood

cells (anaemia) characterised by tiredness, headaches, being short of breath when exercising, dizziness and looking pale; kidney disease; lung problems including pneumonia or build-up of fluid in the lungs; increased sensitivity of the skin to the sun; inflammation of blood vessels; a skin disease characterized by the peeling of the skin all over the body; cutaneous lupus erythematosus, which is identified by a rash that may appear on the face, neck, and scalp; allergic reactions; weakness and muscle spasm; altered heart rate; reduced blood pressure after a change in body position; swelling of the salivary glands; high sugar levels in the blood; sugar in the urine; increases in some kinds of blood fat; high uric acid levels in the blood, which may cause gout.

It is known that side effects associated with hydrochlorothiazide may increase with higher doses of hydrochlorothiazide.

#### 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 Co-Irbea**

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 carton and on the blister after EXP. The expiry date refers to the last day of that month.

Do not store above 30°C.

Store in the original package in order to protect from moisture.

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 Co-Irbea contains**

- The active substances are irbesartan and hydrochlorothiazide.
- The other ingredients are Povidone (E-1201), microcrystalline cellulose (E-460), croscarmellose sodium, lactose monohydrate, magnesium stearate (E-470B), colloidal anhydrous silica, corn starch without gluten and hydrogenated castor oil.

#### **What Co-Irbea looks like and contents of the pack**

Co-Irbea 300 mg/12.5 mg tablets is supplied in cylindrical, biconvex, engraved IH12 and white tablets that contain 300 mg of irbesartan and 12.5 mg of hydrochlorothiazide.

Co-Irbea 300 mg/12.5 mg tablets is supplied in packs containing 28 tablets (in 7 tablets blister x 4 packs).

**Manufacturers:**

**Dosage form**

**Laboratorios Cinfa, S.A.**

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**This is a Medicament**

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are the experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

**Council of Arab Health Ministers**

**Union of Arab Pharmacists**

**Package leaflet: Information for the patient**  
**Co-Irbea 300 mg/25 mg tablets**  
irbesartan/hydrochlorothiazide

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

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- 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.
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6. Contents of the pack and other information

**1. What Co-Irbea is and what it is used for**

Co-Irbea is a combination of two active substances, irbesartan and hydrochlorothiazide. Irbesartan belongs to a group of medicines known as angiotensin-II receptor antagonists. Angiotensin-II is a substance produced in the body that binds to receptors in blood vessels causing them to tighten. This results in an increase in blood pressure. Irbesartan prevents the binding of angiotensin-II to these receptors, causing the blood vessels to relax and the blood pressure to lower.

Hydrochlorothiazide is one of a group of medicines (called thiazide diuretics) that causes increased urine output and so causes a lowering of blood pressure.

The two active ingredients in Co-Irbea work together to lower blood pressure further than if either was given alone.

**Co-Irbea is used to treat high blood pressure**, when treatment with irbesartan or hydrochlorothiazide alone did not provide adequate control of your blood pressure.

**2. What you need to know before you take Co-Irbea**

**Do not take Co-Irbea**

- if you are **allergic** to irbesartan or any of the other ingredients of this medicine (listed in section 6)
- if you are **allergic** to hydrochlorothiazide or any other sulfonamide-derived medicines
- if you are **more than 3 months pregnant**. (It is also better to avoid Co-Irbea in early pregnancy – see pregnancy section)
- if you have **severe liver or kidney problems**
- if you have **difficulty in producing urine**
- if your doctor determines that you have **persistently high calcium or low potassium levels in your blood**

- **if you have diabetes or impaired kidney function** and you are treated with a blood pressure lowering medicine containing aliskiren

### Warnings and precautions

Talk to your doctor before taking Co-Irbea and **if any of the following apply to you:**

- if you get **excessive vomiting or diarrhoea**
- if you suffer from **kidney problems** or have a **kidney transplant**
- if you suffer from **heart problems**
- if you suffer from **liver problems**
- if you suffer from **diabetes**
- if you suffer from **lupus erythematosus** (also known as lupus or SLE)
- if you suffer from **primary aldosteronism** (a condition related to high production of the hormone aldosterone, which causes sodium retention and, in turn, an increase in blood pressure).
- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipiril), in particular if you have diabetes-related kidney problems.
  - aliskiren.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

See also information under the heading “Do not take Co-Irbea”.

You must tell your doctor if you think you are (or might become) pregnant. Co-Irbea is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

### You should also tell your doctor:

- if you are on a **low-salt diet**
- if you have signs such as **abnormal thirst, dry mouth, general weakness, drowsiness, muscle pain or cramps, nausea, vomiting**, or an **abnormally fast heart beat** which may indicate an excessive effect of hydrochlorothiazide (contained in Co-Irbea)
- if you experience an increased **sensitivity of the skin to the sun** with symptoms of sunburn (such as redness, itching, swelling, blistering) occurring more quickly than normal
- if you are **going to have an operation** (surgery) or **be given anaesthetics**
- if you have **changes in your vision or pain in one or both of your eyes** while taking Co-Irbea. This could be a sign that you are developing glaucoma, increased pressure in your eye(s). You should discontinue Co-Irbea treatment and seek medical attention.

The hydrochlorothiazide contained in this medicine could produce a positive result in an anti-doping test.

### Children and adolescents

Co-Irbea should not be given to children and adolescents (under 18 years).

### Other medicines and Co-Irbea

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



Diuretic agents such as the hydrochlorothiazide contained in Co-Irbea may have an effect on other medicines. Preparations containing lithium should not be taken with Co-Irbea without close supervision by your doctor.

Your doctor may need to change your dose and/or to take other precautions:

If you are taking an ACE-inhibitor or aliskiren (see also information under the headings “Do not take Co-Irbea” and “Warnings and precautions”).

**You may need to have blood checks if you take:**

- potassium supplements
- salt substitutes containing potassium
- potassium sparing medicines or other diuretics (water tablets)
- some laxatives
- medicines for the treatment of gout
- therapeutic vitamin D supplements
- medicines to control heart rhythm
- medicines for diabetes (oral agents or insulins)
- carbamazepine (a medicine for the treatment of epilepsy).

It is also important to tell your doctor if you are taking other medicines to reduce your blood pressure, steroids, medicines to treat cancer, pain killers, arthritis medicines, or colestyramine and colestipol resins for lowering blood cholesterol.

**Co-Irbea with food and drink**

Co-Irbea can be taken with or without food.

Due to the hydrochlorothiazide contained in Co-Irbea, if you drink alcohol while on treatment with this medicine, you may have an increased feeling of dizziness on standing up, specially when getting up from a sitting position.

**Pregnancy, breast-feeding and fertility**

**Pregnancy**

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Co-Irbea before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Co-Irbea. Co-Irbea is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

**Breast-feeding**

Tell your doctor if you are breast-feeding or about to start breast-feeding. Co-Irbea is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

**Driving and using machines**

No studies on the effects on the ability to drive and use machines have been performed. Co-Irbea is unlikely to affect your ability to drive or use machines. However, occasionally dizziness or weariness may occur during treatment of high blood pressure. If you experience these, talk to your doctor before attempting to drive or use machines.

**Co-Irbea contains lactose.** If you have been told by your doctor that you have an intolerance to some sugars (e.g. lactose), contact your doctor before taking this medicine.

### **3. How to take Co-Irbea**

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

#### **Dosage**

The recommended dose of Co-Irbea is one tablet a day. Co-Irbea will usually be prescribed by your doctor when your previous treatment did not reduce your blood pressure enough. Your doctor will instruct you how to switch from the previous treatment to Co-Irbea.

#### **Method of administration**

Co-Irbea is for **oral use**. Swallow the tablets with a sufficient amount of fluid (e.g. one glass of water). You can take Co-Irbea with or without food. Try to take your daily dose at about the same time each day. It is important that you continue to take Co-Irbea until your doctor tells you otherwise.

The maximal blood pressure lowering effect should be reached 6-8 weeks after beginning treatment.

#### **If you take more Co-Irbea than you should**

If you accidentally take too many tablets, contact your doctor immediately.

#### **Children should not take Co-Irbea**

Co-Irbea should not be given to children under 18 years of age. If a child swallows some tablets, contact your doctor immediately.

#### **If you forget to take Co-Irbea**

If you accidentally miss a daily dose, just take the next dose as normal. Do not take a double dose to make up for a forgotten dose.

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. Some of these effects may be serious and may require medical attention.

Rare cases of allergic skin reactions (rash, urticaria), as well as localised swelling of the face, lips and/or tongue have been reported in patients taking irbesartan.

**If you get any of the above symptoms or get short of breath**, stop taking Co-Irbea and contact your doctor immediately.

The frequency of the side effects listed below is defined using the following convention:

Common: may affect up to 1 in 10 people

Uncommon: may affect up to 1 in 100 people

Side effects reported in clinical studies for patients treated with Co-Irbea were:

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

- nausea/vomiting
- abnormal urination
- fatigue
- dizziness (including when getting up from a lying or sitting position)
- blood tests may show raised levels of an enzyme that measures the muscle and heart function (creatin kinase) or raised levels of substances that measure kidney function (blood urea nitrogen, creatinine).

**If any of these side effects causes you problems**, talk to your doctor.

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

- diarrhoea
- low blood pressure
- fainting
- heart rate increased
- flushing
- swelling
- sexual dysfunction (problems with sexual performance)
- blood tests may show lowered levels of potassium and sodium in your blood.

**If any of these side effects causes you problems**, talk to your doctor.

#### **Side effects reported since the launch of Irbesartan hydrochlorothiazide**

Some undesirable effects have been reported since marketing of Irbesartan hydrochlorothiazide. Undesirable effects where the frequency is not known are: headache, ringing in the ears, cough, taste disturbance, indigestion, pain in joints and muscles, liver function abnormal and impaired kidney function, increased level of potassium in your blood and allergic reactions such as rash, hives, swelling of the face, lips, mouth, tongue or throat. Uncommon cases of jaundice (yellowing of the skin and/or whites of the eyes) have also been reported. As for any combination of two active substances, side effects associated with each individual component cannot be excluded.

#### **Side effects associated with irbesartan alone**

In addition to the side effects listed above, chest pain has also been reported.

#### **Side effects associated with hydrochlorothiazide alone**

Loss of appetite; stomach irritation; stomach cramps; constipation; jaundice (yellowing of the skin and/or whites of the eyes); inflammation of the pancreas characterised by severe upper stomach pain, often with nausea and vomiting; sleep disorders; depression; blurred vision; lack of white blood cells, which can result in frequent infections, fever; decrease in the number of platelets (a blood cell essential for the clotting of the blood), decreased number of red blood cells (anaemia) characterised by tiredness, headaches, being short of breath when exercising, dizziness and looking pale; kidney disease; lung problems including pneumonia or build-up of fluid in the lungs; increased sensitivity of the skin to the sun; inflammation of blood vessels; a skin disease characterized by the peeling of the skin all over the body; cutaneous lupus erythematosus, which is identified by a rash that may appear on the face, neck, and scalp; allergic reactions; weakness and muscle spasm; altered heart rate; reduced blood pressure after a

change in body position; swelling of the salivary glands; high sugar levels in the blood; sugar in the urine; increases in some kinds of blood fat; high uric acid levels in the blood, which may cause gout.

It is known that side effects associated with hydrochlorothiazide may increase with higher doses of hydrochlorothiazide.

#### 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 Co-Irbea**

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 carton and on the blister after EXP. The expiry date refers to the last day of that month.

Do not store above 30°C.

Store in the original package in order to protect from moisture.

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 Co-Irbea contains**

- The active substances are irbesartan and hydrochlorothiazide.
- The other ingredients are Povidone (E-1201), microcrystalline cellulose (E-460), croscarmellose sodium, lactose monohydrate, magnesium stearate (E-470B), colloidal anhydrous silica, corn starch without gluten and hydrogenated castor oil.

#### **What Co-Irbea looks like and contents of the pack**

Co-Irbea 300 mg/25 mg tablets is supplied in cylindrical, biconvex, engraved IH25 and white tablets that contain 300 mg of irbesartan and 25 mg of hydrochlorothiazide.

Co-Irbea 300 mg/25 mg tablets is supplied in packs containing 28 tablets (in 7 tablets blister x 4 packs).

#### **Manufacturers:**

##### **Dosage form**

**Laboratorios Cinfa, S.A.**

**Avda. Roncesvalles s/n.**

**31699 Oloki (Navarra). Spain**

##### **Batch Releaser**

**Laboratorios Cinfa, S.A.**

**Olaz-Chipi, 10 - Polígono Industrial Areta**

**31620 Huarte-Pamplona (Navarre) – Spain**

**Marketing Authorisation Holder**  
**Laboratorios Cinfa, S.A.**  
**Olaz-Chipi, 10 - Polígono Industrial Areta**  
**31620 Huarte-Pamplona (Navarre) – Spain**

**This leaflet was last revised in September 2014**

**This is a Medicament**

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are the experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

**Council of Arab Health Ministers**

**Union of Arab Pharmacists**