

To be sold by retail on the prescription of Registered Medical Practitioner only

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LOSAR-H

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**1. Generic Name**

Losartan Potassium and Hydrochlorothiazide Tablets I.P.

**2. Qualitative and quantitative composition**

Each film coated tablet contains:

Losartan Potassium I.P. ....50 mg

Hydrochlorothiazide I.P. ....12.5 mg

Excipients .....q.s.

Colours: Sunset Yellow FCF & Titanium Dioxide I.P.

The excipients used are Microcrystalline Cellulose, Lactose Monohydrate, Pregelatinized Starch, Croscarmellose Sodium, Colloidal Silicon Dioxide, Talc, Magnesium Stearate, Hypromellose, Titanium Dioxide, Macrogol/PEG, Sunset Yellow FCF, and Isopropyl Alcohol & Methylene Chloride.

**3. Dosage form and strength**

**Dosage Form:** Film Coated Tablet

**Strength:** Losartan Potassium I.P. 50 mg, Hydrochlorothiazide I.P. 12.5 mg.

**4. Clinical particulars**

**4.1 Therapeutic Indication**

For treatment of mild to moderate hypertension.

**4.2 Posology and Method of Administration**

Dosage: As directed by the Physician.

**Losartan and Hydrochlorothiazide**

Posology

Hypertension

Losartan / Hydrochlorothiazide is not for use as initial therapy, but in patients whose blood pressure is not adequately controlled by losartan potassium or hydrochlorothiazide alone.

Dose titration with the individual components (losartan and hydrochlorothiazide) is recommended.

When clinically appropriate direct change from monotherapy to the fixed combination may be considered in patients whose blood pressure is not adequately controlled.

The usual maintenance dose is one tablet of Losartan Potassium / Hydrochlorothiazide 50 mg/12.5 mg Film-coated Tablets (losartan 50 mg/HCTZ 12.5 mg) once daily. For patients who do not respond adequately to Losartan Potassium / Hydrochlorothiazide 50 mg/12.5 mg Film-coated Tablets, the dose may be increased to maximum 2 tablets daily of Losartan Potassium / Hydrochlorothiazide 50 mg/12.5 mg Film-coated Tablets or one tablet of Losartan Potassium / Hydrochlorothiazide 100 mg/25 mg Film-coated Tablets (losartan 100 mg/ HCTZ 25 mg)

once daily. In general, the antihypertensive effect is attained within three to four weeks after initiation of therapy.

#### *Renal impairment and haemodialysis*

No initial dose adjustment is necessary in patients with moderate renal impairment (i.e. creatinine clearance 30-50 ml/min). Losartan and hydrochlorothiazide tablets are not recommended for haemodialysis patients. Losartan/HCTZ tablets must not be used in patients with severe renal impairment (i.e. creatinine clearance <30 ml/min).

#### *Intravascular volume depletion*

Volume and /or sodium depletion should be corrected prior to administration of Losartan/HCTZ tablets.

#### *Hepatic impairment*

Losartan/HCTZ is contraindicated in patients with severe hepatic impairment.

#### *Elderly*

Dose adjustment is not usually necessary for the elderly.

#### *Paediatric population*

The safety and efficacy of Losartan Potassium / Hydrochlorothiazide in children and adolescents under the age of 18 years have not been established. Losartan Potassium / Hydrochlorothiazide should not be used in children and adolescents.

#### Method of administration

Losartan Potassium / Hydrochlorothiazide may be administered with other antihypertensive agents.

Losartan Potassium / Hydrochlorothiazide tablets should be swallowed with a glass of water.

Losartan Potassium / Hydrochlorothiazide may be administered with or without food.

### **4.3 Contraindications**

- Hypersensitivity to losartan, sulphonamide-derived substances (as hydrochlorothiazide), active substance, to any of the excipients or any other ACE (Angiotensin Converting Enzyme) inhibitors or to any of the excipients
- Therapy resistant hypokalaemia or hypercalcaemia
- Severe hepatic impairment; cholestasis and biliary obstructive disorders
- Refractory hyponatraemia
- Symptomatic hyperuricaemia/gout
- 2nd and 3rd trimester of pregnancy
- Severe renal impairment (i.e. creatinine clearance <30 ml/min)
- Anuria
- The concomitant use of Losartan Potassium / Hydrochlorothiazide with aliskiren-containing products is contraindicated in patients with diabetes mellitus or renal impairment (GFR < 60 ml/min/1.73 m<sup>2</sup>)

## 4.4 Special Warnings and Precautions for Use

### Losartan

#### *Angioedema*

Patients with a history of angioedema (swelling of the face, lips, throat, and/or tongue) should be closely monitored.

#### *Hypotension and Intravascular volume depletion*

Symptomatic hypotension, especially after the first dose, may occur in patients who are volume- and/or sodium-depleted by vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of Losartan Potassium / Hydrochlorothiazide tablets.

#### *Electrolyte imbalances*

Electrolyte imbalances are common in patients with renal impairment, with or without diabetes, and should be addressed. Therefore, the plasma concentrations of potassium and creatinine clearance values should be closely monitored; especially patients with heart failure and a creatinine clearance between 30-50 ml/ min should be closely monitored.

The concomitant use of potassium sparing diuretics, potassium supplements and potassium containing salt substitutes with losartan/ hydrochlorothiazide is not recommended.

#### *Liver function impairment*

Based on pharmacokinetic data which demonstrate significantly increased plasma concentrations of losartan in cirrhotic patients, Losartan Potassium / Hydrochlorothiazide should be used with caution in patients with a history of mild to moderate hepatic impairment. There is no therapeutic experience with losartan in patients with severe hepatic impairment. Therefore, Losartan Potassium / Hydrochlorothiazide is contraindicated in patients with severe hepatic impairment.

#### *Renal function impairment*

As a consequence of inhibiting the renin-angiotensin-aldosterone system (RAAS), changes in renal function, including renal failure, have been reported (in particular, in patients whose renal function is dependent on the renin-angiotensin-aldosterone system, such as those with severe cardiac insufficiency or pre-existing renal dysfunction).

As with other medicinal products that affect the renin-angiotensin-aldosterone system, increases in blood urea and serum creatinine have also been reported in patients with bilateral renal artery stenosis or stenosis of the artery to a solitary kidney; these changes in renal function may be reversible upon discontinuation of therapy. Losartan should be used with caution in patients with bilateral renal artery stenosis or stenosis of the artery to a solitary kidney.

#### *Renal transplantation*

There is no experience in patients with recent kidney transplantation.

#### *Primary hyperaldosteronism*

Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of Losartan Potassium / Hydrochlorothiazide tablets is not recommended.

### *Coronary heart disease and cerebrovascular disease:*

As with any antihypertensive agents, excessive blood pressure decrease in patients with ischaemic cardiovascular and cerebrovascular disease could result in a myocardial infarction or stroke.

### *Heart failure*

In patients with heart failure, with or without renal impairment, there is - as with other medicinal products acting on the renin-angiotensin system - a risk of severe arterial hypotension, and (often acute) renal impairment.

### *Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy*

As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

### *Ethnic differences*

As observed for angiotensin converting enzyme inhibitors, losartan and the other angiotensin antagonists are apparently less effective in lowering blood pressure in black people than in non-blacks, possibly because of higher prevalence of low-renin states in the black hypertensive population.

### *Pregnancy*

AIIRAs should not be initiated during pregnancy. Unless continued AIIRA therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with AIIRAs should be stopped immediately, and, if appropriate, alternative therapy should be started.

### *Dual blockade of the renin-angiotensin-aldosterone system (RAAS)*

There is evidence that the concomitant use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren increases the risk of hypotension, hyperkalaemia and decreased renal function (including acute renal failure). Dual blockade of RAAS through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is therefore not recommended.

If dual blockade therapy is considered absolutely necessary, this should only occur under specialist supervision and subject to frequent close monitoring of renal function, electrolytes and blood pressure. ACE-inhibitors and angiotensin II receptor blockers should not be used concomitantly in patients with diabetic nephropathy.

### Hydrochlorothiazide

#### *Hypotension and electrolyte/fluid imbalance*

As with all antihypertensive therapy, symptomatic hypotension may occur in some patients. Patients should be observed for clinical signs of fluid or electrolyte imbalance, e.g. volume depletion, hyponatremia, hypochloremic alkalosis, hypomagnesemia or hypokalemia which may occur during intercurrent diarrhea or vomiting. Periodic determination of serum electrolytes should be performed at appropriate intervals in such patients. Dilutional hyponatraemia may occur in oedematous patients in hot weather.

#### *Metabolic and endocrine effects*

Thiazide therapy may impair glucose tolerance. Dose adjustment of antidiabetic agents, including insulin, may be required. Latent diabetes mellitus may become manifest during thiazide therapy.

Thiazides may decrease urinary calcium excretion and may cause intermittent and slight elevation of serum calcium. Marked hypercalcemia may be evidence of hidden hyperparathyroidism. Thiazides should be discontinued before carrying out tests for parathyroid function.

Increases in cholesterol and triglyceride levels may be associated with thiazide diuretic therapy.

Thiazide therapy may precipitate hyperuricemia and/or gout in certain patients. Because losartan decreases uric acid, losartan in combination with hydrochlorothiazide attenuates the diuretic induced hyperuricemia.

#### *Hepatic impairment*

Thiazides should be used with caution in patients with impaired hepatic function or progressive liver disease, as it may cause intrahepatic cholestasis, and since minor alterations of fluid and electrolyte balance may precipitate hepatic coma.

Losartan Potassium / Hydrochlorothiazide is contraindicated for patients with severe hepatic impairment.

#### *Other*

In patients receiving thiazides, hypersensitivity reactions may occur with or without a history of allergy or bronchial asthma. Exacerbation or activation of systemic lupus erythematosus has been reported with the use of thiazides.

#### *Anti-doping test*

Hydrochlorothiazide could produce a positive analytical result in an anti-doping test.

#### *Special warnings regarding excipients*

Losartan Potassium / Hydrochlorothiazide contains lactose.

Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take this medicinal product.

### **4.5 Drugs Interactions**

#### **Losartan**

Rifampicin and fluconazole have been reported to reduce levels of active metabolite. The clinical consequences of these interactions have not been evaluated.

As with other medicinal products that block angiotensin II or its effects, concomitant use of potassium-sparing diuretics (e.g. spironolactone, triamterene, amiloride), potassium supplements, or salt substitutes containing potassium may lead to increases in serum potassium. Co-medication is not advisable.

As with other medicinal products which affect the excretion of sodium, lithium excretion may be reduced. Therefore, serum lithium levels should be monitored carefully if lithium salts are to be co-administered with angiotensin II receptor antagonists.

When angiotensin II antagonists are administered simultaneously with NSAIDs (i.e. selective COX-2 inhibitors, acetylsalicylic acid at anti-inflammatory doses) and non-selective NSAIDs, attenuation of the antihypertensive effect may occur. Concomitant use of angiotensin II antagonists or diuretics and NSAIDs may lead to an increased risk of worsening of renal function, including possible acute renal failure, and an increase in serum potassium, especially in patients with poor pre-existing renal function. The combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration

should be given to monitoring renal function after initiation of concomitant therapy, and periodically thereafter.

In some patients with compromised renal function who are being treated with non-steroidal anti-inflammatory medicinal products, including selective cyclooxygenase-2 inhibitors, the co-administration of angiotensin II receptor antagonists may result in a further deterioration of renal function. These effects are usually reversible.

Clinical trial data has shown that dual blockade of the renin-angiotensin-aldosterone system (RAAS) through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is associated with a higher frequency of adverse events such as hypotension, hyperkalaemia, and decreased renal function (including acute renal failure) compared to the use of a single RAAS-acting agent.

Other substances inducing hypotension like tricyclic antidepressants, antipsychotics, baclofen, and amifostine: Concomitant use with these medicinal products that lower blood pressure, as main or side-effect, may increase the risk of hypotension.

### **Hydrochlorothiazide**

When given concurrently, the following medicinal products may interact with thiazide diuretics:

*Alcohol, barbiturates, narcotics or antidepressants:*

Potential of orthostatic hypotension may occur.

*Antidiabetic medicinal products (oral agents and insulin):*

The treatment with a thiazide may influence the glucose tolerance. Dose adjustment of the antidiabetic medicinal product may be required. Metformin should be used with caution because of the risk of lactic acidosis induced by possible functional renal failure linked to hydrochlorothiazide.

*Other antihypertensive medicinal products:*

Additive effect.

*Cholestyramine and colestipol resins:*

Absorption of hydrochlorothiazide is impaired in the presence of anionic exchange resins. Single doses of either cholestyramine or colestipol resins bind the hydrochlorothiazide and reduce its absorption from the gastrointestinal tract by up to 85 and 43 percent, respectively.

*Corticosteroids, ACTH:*

Intensified electrolyte depletion, particularly hypokalemia.

*Pressor amines (e.g. adrenaline):*

Possible decreased response to pressor amines but not sufficient to preclude their use.

*Skeletal muscle relaxants, non-depolarizing (e.g. tubocurarine):*

Possible increased responsiveness to the muscle relaxant.

*Lithium:*

Diuretic agents reduce the renal clearance of lithium and add a high risk of lithium toxicity; concomitant use is not recommended.

*Medicinal products used in the treatment of gout (probenecid, sulfinpyrazone and allopurinol):*

Dose adjustment of uricosuric medicinal products may be necessary since hydrochlorothiazide may raise the level of serum uric acid. Increase in dose of probenecid or sulfinpyrazone may be necessary. Co-administration of a thiazide may increase the incidence of hypersensitivity reactions to allopurinol.

*Anticholinergic agents (e.g. atropine, biperiden):*

Increase of the bioavailability to thiazide-type diuretics by decreasing gastrointestinal motility and stomach emptying rate.

*Cytotoxic agents (e.g. cyclophosphamide, methotrexate):*

Thiazides may reduce the renal excretion of cytotoxic medicinal products and potentiate their myelosuppressive effects.

*Salicylates:*

In case of high doses of salicylates hydrochlorothiazide may enhance the toxic effect of the salicylates on the central nervous system.

*Methyldopa:*

There have been isolated reports of haemolytic anaemia occurring with concomitant use of hydrochlorothiazide and methyldopa.

*Cyclosporin:*

Concomitant treatment with cyclosporin may increase the risk of hyperuricaemia and gout-type complications.

*Digitalis glycosides:*

Thiazide-induced hypokalaemia or hypomagnesaemia may favour the onset of digitalis-induced cardiac arrhythmias.

*Medicinal products affected by serum potassium disturbances:*

Periodic monitoring of serum potassium and ECG is recommended when losartan/hydrochlorothiazide is administered with medicinal products affected by serum potassium disturbances (e.g. digitalis glycosides and antiarrhythmics) and with the following torsades de pointes (ventricular tachycardia)-inducing medicinal products (including some antiarrhythmics), hypokalaemia being a predisposing factor to torsades de pointes (ventricular tachycardia):

- Class Ia antiarrhythmics (e.g. quinidine, hydroquinidine, disopyramide)
- Class III antiarrhythmics (e.g. amiodarone, sotalol, dofetilide, ibutilide)
- Some antipsychotics (e.g. thioridazine, chlorpromazine, levomepromazine, trifluoperazine, cyamemazine, sulpiride, sultopride, amisulpride, tiapride, pimozide, haloperidol, droperidol)
- Others (e.g. bepridil, cisapride, diphemanil, erythromycin IV, halofantrin, mizolastin, pentamidine, terfenadine, vincamine IV).

*Calcium salts:*

Thiazide diuretics may increase serum calcium levels due to decreased excretion. If calcium supplements must be prescribed, serum calcium levels should be monitored and calcium dose should be adjusted accordingly.

#### *Laboratory Test Interactions:*

Because of their effects on calcium metabolism, thiazides may interfere with tests for parathyroid function.

#### *Carbamazepine:*

Risk of symptomatic hyponatremia. Clinical and biological monitoring is required.

#### *Iodine Contrast Media:*

In case of diuretic-induced dehydration, there is an increased risk of acute renal failure, especially with high doses of the iodine product.

Patients should be rehydrated before the administration.

*Amphotericin B (parenteral), corticosteroids, ACTH, stimulant laxatives, or glycyrrhizin (found in liquorice):*

Hydrochlorothiazide may intensify electrolyte imbalance, particularly hypokalaemia.

### **4.6 Use in Special Populations (Such as Pregnant Women, Lactating Women, Paediatric Patients, Geriatric Patients Etc.)**

#### Pregnancy

##### *Angiotensin II Receptor Antagonists (AIIRAs):*

The use of AIIRAs is not recommended during the first trimester of pregnancy. The use of AIIRAs is contra-indicated during the 2nd and 3rd trimester of pregnancy.

Epidemiological evidence regarding the risk of teratogenicity following exposure to ACE inhibitors during the first trimester of pregnancy has not been conclusive; however, a small increase in risk cannot be excluded. Whilst there is no controlled epidemiological data on the risk with Angiotensin II Receptor Inhibitors (AIIRAs), similar risks may exist for this class of medicinal products. Unless continued AIIRA therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with AIIRAs should be stopped immediately and, if appropriate, alternative therapy should be started.

Exposure to AIIRA therapy during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, and hyperkalaemia).

Should exposure to AIIRAs have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended.

Infants whose mothers have taken AIIRAs should be closely observed for hypotension.

##### *Hydrochlorothiazide:*

There is limited experience with hydrochlorothiazide during pregnancy, especially during the first trimester. Animal studies are insufficient.

Hydrochlorothiazide crosses the placenta. Based on the pharmacological mechanism of action of hydrochlorothiazide, its use during second and third trimesters may compromise foeto-placental perfusion and may cause foetal and neonatal effects like icterus, disturbance of electrolyte balance and thrombocytopenia.



Hydrochlorothiazide should not be used for gestational oedema, gestational hypertension or preeclampsia due to the risk of decreased plasma volume and placental hypoperfusion, without a beneficial effect on the course of the disease.

Hydrochlorothiazide should not be used for essential hypertension in pregnant women, except in rare situations where no other treatment could be used.

### Breast-feeding

#### *Angiotensin II Receptor Antagonists (AIIRAs):*

Because no information is available regarding the use of Losartan Potassium / Hydrochlorothiazide during breastfeeding, Losartan Potassium / Hydrochlorothiazide is not recommended and alternative treatments with better established safety profiles during breast-feeding are preferable, especially while nursing a newborn or preterm infant.

#### *Hydrochlorothiazide:*

Hydrochlorothiazide is excreted in human milk in small amounts. Thiazides in high doses causing intense diuresis can inhibit the milk production.

The use of Losartan Potassium / Hydrochlorothiazide during breast feeding is not recommended. If Losartan Potassium / Hydrochlorothiazide is used during breast feeding, doses should be kept as low as possible.

### Fertility

No human data are available.

## **4.7 Effects on Ability to Drive and Use Machines**

No studies on the effects on the ability to drive and use machines have been performed.

However, when driving vehicles or operating machinery it must be borne in mind that dizziness or drowsiness may occasionally occur when taking antihypertensive therapy, in particular during initiation of treatment or when the dose is increased.

## **4.8 Undesirable Effects**

The adverse reactions below are classified where appropriate by system organ class and frequency according to the following convention:

Very common:  $\geq 1/10$

Common:  $\geq 1/100, < 1/10$

Uncommon:  $\geq 1/1,000, < 1/100$

Rare:  $\geq 1/10,000, < 1/1,000$

Very rare:  $< 1/10,000$

Not known: cannot be estimated from the available data

In clinical trials with losartan potassium salt and hydrochlorothiazide, no adverse reactions peculiar to this combination of substances were observed. The adverse reactions were restricted to those which were formerly observed with losartan potassium salt and/or hydrochlorothiazide.

In controlled clinical trials for essential hypertension, dizziness was the only adverse reaction reported as substance-related that occurred with an incidence greater than placebo in 1% or more of patients treated with losartan and hydrochlorothiazide.

Next to these effects, there are further adverse reactions reported after the introduction of the product to the market as follows:

<b>System organ class</b>	<b>Adverse reaction</b>	<b>Frequency</b>
Hepato-biliary disorders	Hepatitis	Rare
Investigations	Hyperkalaemia, elevation of ALT	Rare

The adverse reactions that have been seen with one of the individual components and may be potential adverse reactions with losartan potassium/hydrochlorothiazide are the following:

#### Losartan

<b>System organ class</b>	<b>Adverse reaction</b>	<b>Frequency</b>
Blood and lymphatic system disorders	anaemia, Henoch-Schönlein purpura, ecchymosis, haemolysis	uncommon
	thrombocytopenia	not known
Cardiac disorders	hypotension, orthostatic hypotension, sternalgia, angina pectoris, grade II-AV block, cerebrovascular event, myocardial infarction, palpitation, arrhythmias (atrial fibrillations, sinus bradycardia, tachycardia, ventricular tachycardia, ventricular fibrillation)	uncommon
Ear and labyrinth disorders	vertigo, tinnitus	uncommon
Eye disorders	blurred vision, burning/stinging in the eye, conjunctivitis, decrease in visual acuity	uncommon
Gastrointestinal disorders	abdominal pain, nausea, diarrhea, dyspepsia	common
	constipation, dental pain, dry mouth, flatulence, gastritis, vomiting, obstipation	uncommon
	pancreatitis	not known
General disorders and administration site conditions	asthenia, fatigue, chest pain	common
	facial oedema, oedema, fever	uncommon
	flu-like symptoms, malaise	not known
Hepatobiliary disorders	liver function abnormalities	not known
Immune system disorders	hypersensitivity: anaphylactic reactions, angiooedema including swelling of the larynx and glottis causing airway obstruction and/or swelling of the face, lips, pharynx, and/or tongue; in some of these patients angiooedema had been reported in the past in connection with the administration of other medicinal products, including ACE inhibitors;	rare
Metabolism and nutrition disorders	anorexia, gout	uncommon
Musculoskeletal and connective tissue disorders	muscle cramp, back pain, leg pain, myalgia	common
	arm pain, joint swelling, knee pain, musculoskeletal pain, shoulder pain, stiffness,	uncommon

	arthralgia, arthritis, coxalgia, fibromyalgia, muscle weakness	
	rhabdomyolysis	not known
Nervous system disorders	headache, dizziness	common
	nervousness, paraesthesia, peripheral neuropathy, tremor, migraine, syncope	uncommon
	dysgeusia	not known
Psychiatric disorders	insomnia	common
	anxiety, anxiety disorder, panic disorder, confusion, depression, abnormal dreams, sleep disorder, somnolence, memory impairment	uncommon
Renal and urinary disorders	renal impairment, renal failure	common
	nocturia, urinary frequency, urinary tract infection	uncommon
Reproductive system and breast disorders	decreased libido, erectile dysfunction/impotence	uncommon
Respiratory, thoracic and mediastinal disorders	cough, upper respiratory infection, nasal congestion, sinusitis, sinus disorder	common
	pharyngeal discomfort, pharyngitis, laryngitis, dyspnoea, bronchitis, epistaxis, rhinitis, respiratory congestion	uncommon
Skin and subcutaneous tissue disorders	alopecia, dermatitis, dry skin, erythema, flushing, photosensitivity, pruritus, rash, urticaria, sweating	uncommon
Vascular disorders	vasculitis	uncommon
	dose-related orthostatic effects	not known
Investigations	hyperkalaemia, mild reduction of haematocrit and haemoglobin, hypoglycaemia	common
	mild increase in urea and creatinine serum levels	uncommon
	increase in hepatic enzymes and bilirubin	very rare
	hyponatraemia	non known

### Hydrochlorothiazide

<b>System organ class</b>	<b>Adverse reaction</b>	<b>Frequency</b>
Blood and lymphatic system disorders	Agranulocytosis, aplastic anaemia, haemolytic anaemia, leukopenia, purpura, thrombocytopenia	uncommon
Immune system disorders	Anaphylactic reaction	rare
Metabolism and nutrition disorders	Anorexia, hyperglycaemia, hyperuricaemia, hypokalaemia, hyponatraemia	uncommon
Psychiatric disorders	Insomnia	uncommon
Nervous system disorders	Cephalalgia	common
Eye disorders	Transient blurred vision, xanthopsia	uncommon
Vascular disorders	Necrotizing angiitis (vasculitis, cutaneous vasculitis)	uncommon

Respiratory, thoracic and mediastinal disorders	Respiratory distress including pneumonitis and pulmonary oedema	uncommon
Gastrointestinal disorders	Sialoadenitis, spasms, stomach irritation, nausea, vomiting, diarrhoea, constipation	uncommon
Hepato-biliary disorders	Icterus (intrahepatic cholestasis), pancreatitis	uncommon
Skin and subcutaneous tissue disorders	Photosensitivity, urticaria, toxic epidermal necrolysis	uncommon
	cutaneous lupus erythematosus	not known
Musculoskeletal and connective tissue disorders	Muscle cramps	uncommon
Renal and urinary disorders	Glycosuria, interstitial nephritis, renal dysfunction, renal failure	uncommon
General disorders and administration site conditions	Fever, dizziness	uncommon

#### **4.9 Overdose**

No specific information is available on the treatment of overdose with losartan/hydrochlorothiazide. Treatment is symptomatic and supportive. Therapy with Losartan Potassium / Hydrochlorothiazide should be discontinued and the patient observed closely. Suggested measures include induction of emesis if ingestion is recent, and correction of dehydration, electrolyte imbalance, hepatic coma and hypotension by established procedures.

#### **Losartan**

Limited data are available in regard to overdose in humans. The most likely manifestation of overdose would be hypotension and tachycardia; bradycardia could occur from parasympathetic (vagal) stimulation. If symptomatic hypotension should occur, supportive treatment should be instituted.

Neither losartan nor the active metabolite can be removed by hemodialysis.

#### **Hydrochlorothiazide**

The most common signs and symptoms observed are those caused by electrolyte depletion (hypokalemia, hypochloremia, hyponatremia) and dehydration resulting from excessive diuresis. If digitalis has also been administered, hypokalemia may accentuate cardiac arrhythmias.

The degree to which hydrochlorothiazide is removed by hemodialysis has not been established.

### **5. Pharmacological properties**

#### **5.1 Mechanism of Action**

#### **Losartan**

Losartan is a synthetically produced oral angiotensin-II receptor (type AT1) antagonist. Angiotensin II, a potent vasoconstrictor, is the primary active hormone of the renin-angiotensin system and an important determinant of the pathophysiology of hypertension. Angiotensin II binds to the AT1 receptor found in many tissues (e.g. vascular smooth muscle, adrenal gland, kidneys and the heart) and elicits several important biological actions, including vasoconstriction and the release of aldosterone. Angiotensin II also stimulates smooth-muscle cell proliferation.

Losartan selectively blocks the AT1 receptor. *In vitro* and *in vivo* losartan and its pharmacologically active carboxylic acid metabolite E-3174 block all physiologically relevant actions of angiotensin II, regardless of the source or route of its synthesis.

### Hydrochlorothiazide

Hydrochlorothiazide is a thiazide diuretic. The mechanism of the antihypertensive effect of thiazide diuretics is not fully known. Thiazides affect the renal tubular mechanisms of electrolyte reabsorption, directly increasing excretion of sodium and chloride in approximately equivalent amounts. The diuretic action of hydrochlorothiazide reduces plasma volume, increases plasma renin activity and increases aldosterone secretion, with consequent increases in urinary potassium and bicarbonate loss, and decreases in serum potassium. The renin-aldosterone link is mediated by angiotensin II and therefore coadministration of an angiotensin II receptor antagonist tends to reverse the potassium loss associated with thiazide diuretics.

## **5.2 Pharmacodynamic Properties**

Pharmacotherapeutic group: Agents acting on the renin-angiotensin system; Angiotensin II antagonists and diuretics ATC code: C09DA01

### Losartan-Hydrochlorothiazide

The components of Losartan Potassium / Hydrochlorothiazide have been shown to have an additive effect on blood pressure reduction, reducing blood pressure to a greater degree than either component alone. This effect is thought to be a result of the complimentary actions of both components. Further, as a result of its diuretic effect, hydrochlorothiazide increases plasma renin activity, increases aldosterone secretion, decreases serum potassium, and increases the levels of angiotensin II. Administration of losartan blocks all the physiologically relevant actions of angiotensin II and through inhibition of aldosterone could tend to attenuate the potassium loss associated with the diuretic.

Losartan has been shown to have a mild and transient uricosuric effect. Hydrochlorothiazide has been shown to cause modest increases in uric acid; the combination of losartan and hydrochlorothiazide tends to attenuate the diuretic-induced hyperuricemia.

The antihypertensive effect of losartan/hydrochlorothiazide is sustained for a 24-hour period. In clinical reported studies of at least one year's duration, the antihypertensive effect was maintained with continued therapy. Despite the significant decrease in blood pressure, administration of losartan/hydrochlorothiazide had no clinically significant effect on heart rate. In clinical trials, after 12 weeks of therapy with losartan 50 mg/hydrochlorothiazide 12.5 mg, trough sitting diastolic blood pressure was reduced by an average of up to 13.2 mmHg.

Losartan/hydrochlorothiazide is effective in reducing blood pressure in males and females, blacks and non-blacks and in younger (<65 years) and older ( $\geq 65$  years) patients and is effective in all degrees of hypertension.

### Losartan

Losartan does not have an agonist effect nor does it block other hormone receptors or ion channels important in cardiovascular regulation. Furthermore, losartan does not inhibit ACE (kininase II), the enzyme that degrades bradykinin. Consequently, there is thus no increase in bradykinin-mediated undesirable effects.

During the administration of losartan, the removal of the angiotensin II negative feedback on renin secretion leads to increased plasma-renin activity (PRA). Increase in the PRA leads to an increase in angiotensin II in plasma. Despite these increases, antihypertensive activity and suppression of the plasma aldosterone concentration are maintained, indicating effective

angiotensin II receptor blockade. After the discontinuation of losartan, PRA and angiotensin II values fell within 3 days to the baseline values.

Both losartan and its principal active metabolite have a far greater affinity for the AT1 receptor than for the AT2 receptor. The active metabolite is 10- to 40-times more active than losartan on a weight for weight basis.

In a reported study specifically designed to assess the incidence of cough in patients treated with losartan as compared to patients treated with ACE inhibitors, the incidence of cough reported by patients receiving losartan or hydrochlorothiazide was similar and was significantly less than in patients treated with an ACE inhibitor. In addition, in an overall analysis of 16 double-blind clinical trials in 4131 patients, the incidence of spontaneously reported cough in patients treated with losartan was similar (3.1%) to that of patients treated with placebo (2.6%) or hydrochlorothiazide (4.1%), whereas the incidence with ACE inhibitors was 8.8%.

In non-diabetic hypertensive patients with proteinuria, the administration of losartan potassium significantly reduces proteinuria, fractional excretion of albumin and IgG. Losartan maintains glomerular filtration rate and reduces filtration fraction. Generally, losartan causes a decrease in serum uric acid (usually <0.4 mg/dL) which was persistent in chronic therapy.

Losartan has no effect on autonomic reflexes and no sustained effect on plasma norepinephrine.

In patients with left ventricular failure, 25 mg and 50 mg doses of losartan produced positive hemodynamic and neurohormonal effects characterized by an increase in cardiac index and decreases in pulmonary capillary wedge pressure, systemic vascular resistance, mean systemic arterial pressure and heart rate and a reduction in circulating levels of aldosterone and norepinephrine, respectively. The occurrence of hypotension was dose related in these heart failure patients.

### Hypertension Studies

In reported controlled clinical studies, once-daily administration of losartan to patients with mild to moderate essential hypertension produced statistically significant reductions in systolic and diastolic blood pressure. Measurement of blood pressure 24 hours' post-dose relative to 5 – 6 hours' post-dose demonstrated blood pressure reduction over 24 hours; the natural diurnal rhythm was retained. Blood pressure reduction at the end of the dosing interval was 70 – 80 % of the effect seen 5-6 hours postdose.

Discontinuation of losartan in hypertensive patients did not result in an abrupt rise in blood pressure (rebound). Despite the marked decrease in blood pressure, losartan had no clinically significant effect on heart rate.

Losartan is equally effective in males and females, and in younger (below the age of 65 years) and older hypertensive patients.

### LIFE Study

The Losartan Intervention for Endpoint reduction in hypertension (LIFE) study was a randomised, triple-blind, active-controlled study in 9193 hypertensive patients aged 55 to 80 years with ECG-documented left ventricular hypertrophy. Patients were randomised to once daily losartan 50 mg or once daily atenolol 50 mg. If goal blood pressure (<140/90 mmHg) was not reached, hydrochlorothiazide (12.5 mg) was added first and, if needed, the dose of losartan or atenolol was then increased to 100 mg once daily. Other antihypertensives, with the exception of ACE inhibitors, angiotensin II antagonists or beta-blockers were added if necessary to reach the goal blood pressure.

The mean length of follow up was 4.8 years.

The primary endpoint was the composite of cardiovascular morbidity and mortality as measured by a reduction in the combined incidence of cardiovascular death, stroke and myocardial infarction. Blood pressure was significantly lowered to similar levels in the two groups. Treatment with losartan resulted in a 13.0% risk reduction (p=0.021, 95 % confidence interval 0.77-0.98) compared with atenolol for patients reaching the primary composite endpoint. This was mainly attributable to a reduction of the incidence of stroke. Treatment with losartan reduced the risk of stroke by 25% relative to atenolol (p=0.001 95% confidence interval 0.63-0.89). The rates of cardiovascular death and myocardial infarction were not significantly different between the treatment groups.

#### Dual blockade of the renin-angiotensin-aldosterone system (RAAS)

Two large randomised, controlled trials (ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and VA NEPHRON-D (The Veterans Affairs Nephropathy in Diabetes)) have examined the use of the combination of an ACE-inhibitor with an angiotensin II receptor blocker.

ONTARGET was a reported study conducted in patients with a history of cardiovascular or cerebrovascular disease, or type 2 diabetes mellitus accompanied by evidence of end-organ damage. VA NEPHRON-D was a study in patients with type 2 diabetes mellitus and diabetic nephropathy.

These reported studies have shown no significant beneficial effect on renal and/or cardiovascular outcomes and mortality, while an increased risk of hyperkalaemia, acute kidney injury and/or hypotension as compared to monotherapy was observed. Given their similar pharmacodynamic properties, these results are also relevant for other ACE-inhibitors and angiotensin II receptor blockers.

ACE-inhibitors and angiotensin II receptor blockers should therefore not be used concomitantly in patients with diabetic nephropathy.

ALTITUDE (Aliskiren Trial in Type 2 Diabetes Using Cardiovascular and Renal Disease Endpoints) was a study designed to test the benefit of adding aliskiren to a standard therapy of an ACE-inhibitor or an angiotensin II receptor blocker in patients with type 2 diabetes mellitus and chronic kidney disease, cardiovascular disease, or both. The study was terminated early because of an increased risk of adverse outcomes. Cardiovascular death and stroke were both numerically more frequent in the aliskiren group than in the placebo group and adverse events and serious adverse events of interest (hyperkalaemia, hypotension and renal dysfunction) were more frequently reported in the aliskiren group than in the placebo group.

#### Hydrochlorothiazide

After oral use, diuresis begins within 2 hours, peaks in about 4 hours and lasts about 6 to 12 hours the antihypertensive effect persists for up to 24 hours.

### **5.3 Pharmacokinetic Properties**

#### Absorption

##### *Losartan*

Following oral administration, losartan is well absorbed and undergoes first-pass metabolism, forming an active carboxylic acid metabolite and other inactive metabolites. The systemic bioavailability of losartan tablets is approximately 33%. Mean peak concentrations of losartan and its active metabolite are reached in 1 hour and in 3-4 hours, respectively. There was no clinically significant effect on the plasma concentration profile of losartan when the active substance was administered with a standardized meal.

## Distribution

### *Losartan*

Both losartan and its active metabolite are  $\geq 99\%$  bound to plasma proteins, primarily albumin. The volume of distribution of losartan is 34 liters. Studies in rats indicate that losartan crosses the blood brain barrier poorly, if at all.

### *Hydrochlorothiazide*

Hydrochlorothiazide crosses the placental but not the blood-brain barrier and is excreted in breast milk.

## Biotransformation

### *Losartan*

About 14% of an intravenously- or orally-administered dose of losartan is converted to its active metabolite. Following oral and intravenous administration of  $^{14}\text{C}$ -labelled losartan potassium, circulating plasma radioactivity primarily is attributed to losartan and its active metabolite. Minimal conversion of losartan to its active metabolite was seen in about one percent of individuals studied.

In addition to the active metabolite, inactive metabolites are formed, including two major metabolites formed by hydroxylation of the butyl side chain and a minor metabolite, an N-2 tetrazole glucuronide.

## Elimination

### *Losartan*

Plasma clearance of losartan and its active metabolite is about 600 ml/min and 50 ml/min, respectively. Renal clearance of losartan and its active metabolite is about 74 ml/min and 26 ml/min, respectively. When losartan is administered orally, about 4% of the dose is excreted unchanged in the urine, and about 6% of the dose is excreted in the urine as active metabolite. The pharmacokinetics of losartan and its active metabolite are linear with oral losartan potassium doses up to 200 mg.

Following oral administration, plasma concentrations of losartan and its active metabolite decline polyexponentially with a terminal half-life of about 2 hours and 6-9 hours, respectively. During once daily dosing with 100 mg, neither losartan nor its active metabolite accumulates significantly in plasma.

Both biliary and urinary excretion contribute to the elimination of losartan and its metabolites. Following an oral dose of  $^{14}\text{C}$ -labelled losartan in man, about 35% of radioactivity is recovered in the urine and 58% in the faeces.

### *Hydrochlorothiazide*

Hydrochlorothiazide is not metabolized but is eliminated rapidly by the kidney. When plasma levels have been followed for at least 24 hours, the plasma half-life has been observed to vary between 5.6 and 14.8 hours. At least 61 percent of the oral dose is eliminated unchanged within 24 hours.



## Characteristics in Patients

### *Losartan-Hydrochlorothiazide*

The plasma concentrations of losartan and its active metabolite and the absorption of hydrochlorothiazide in elderly hypertensives are not significantly different from those in young hypertensives.

### *Losartan*

Following oral administration in patients with mild to moderate alcoholic cirrhosis of the liver, plasma concentrations of losartan and its active metabolite were, respectively, 5-fold and 1.7-fold greater than those seen in young male volunteers.

Pharmacokinetic studies showed that the AUC of losartan in Japanese and non-Japanese healthy male subjects is not different. However, the AUC of the carboxylic acid metabolite (E-3174) appears to be different between the two groups, with an approximately 1.5-fold higher exposure in Japanese subjects than in non-Japanese subjects. The clinical significance of these results is not known.

Neither losartan nor the active metabolite can be removed by hemodialysis.

## **6. Nonclinical properties**

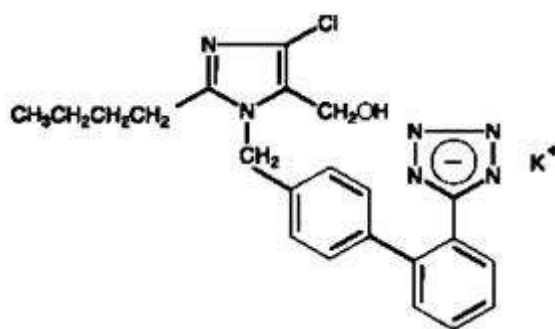
### **6.1 Animal Toxicology or Pharmacology**

Preclinical data reveal no special hazard for humans based on conventional studies of general pharmacology, genotoxicity and carcinogenic potential. The toxic potential of the combination of losartan/hydrochlorothiazide was evaluated in chronic toxicity studies for up to six months' duration in rats and dogs after oral administration, and the changes observed in these studies with the combination were mainly produced by the losartan component. The administration of the losartan/hydrochlorothiazide combination induced a decrease in the red blood cell parameters (erythrocytes, haemoglobin, and haematocrit), a rise in Urea-N in the serum, a decrease in heart weight (without a histological correlate) and gastrointestinal changes (mucous membrane lesions, ulcers, erosions, haemorrhages). There was no evidence of teratogenicity in rats or rabbits treated with the losartan/hydrochlorothiazide combination. Foetal toxicity in rats, as evidenced by a slight increase in supernumerary ribs in the F1 generation, was observed when females were treated prior to and throughout gestation. As observed in studies with losartan alone, adverse foetal and neonatal effects, including renal toxicity and foetal death, occurred when pregnant rats were treated with the losartan/hydrochlorothiazide combination during late gestation and/or lactation.

## **7. Description**

### **Losartan Potassium**

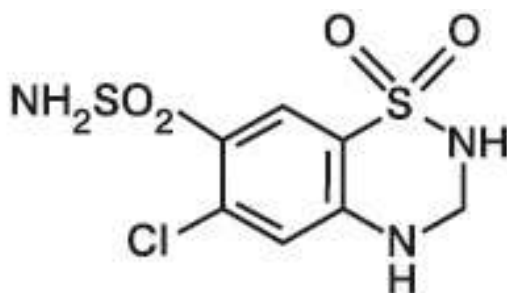
Losartan potassium is a monopotassium salt of 2-butyl-4-chloro-1-[[2'-(1H-tetrazol-5-yl)[1,1'-biphenyl]-4-yl]methyl]-1H-imidazole-5-methanol. Its empirical formula is C<sub>22</sub>H<sub>22</sub>ClKN<sub>6</sub>O having molecular weight of 461.0, and its structural formula is:



Losartan potassium is a white to off-white crystalline powder. It is freely soluble in water; sparingly soluble in isopropyl alcohol; slightly soluble in acetonitrile.

### **Hydrochlorothiazide**

Hydrochlorothiazide is a white or almost white, crystalline powder; odourless with a molecular weight of 297.74. It is soluble in acetone; sparingly soluble in ethanol (95%); very slightly soluble in water. It dissolves in dilute solutions of alkali hydroxides. Hydrochlorothiazide is chemically described as 6-chloro-3,4-dihydro-2H-1,2,4-benzothiazine-7-sulfonamide 1,1-dioxide. Its empirical formula is  $C_7H_8ClN_3O_4S_2$ , and its structural formula is:



Losartan Potassium and Hydrochlorothiazide Tablets are orange, biconvex, shield shaped, film coated tablet with break line on one side. The excipients used are Microcrystalline Cellulose, Lactose Monohydrate, Pregelatinized Starch, Croscarmellose Sodium, Colloidal Silicon Dioxide, Talc, Magnesium Stearate, Hypromellose, Titanium Dioxide, Macrogol/PEG, Sunset Yellow FCF, and Isopropyl Alcohol & Methylene Chloride.

## **8. Pharmaceutical particulars**

### **8.1 Incompatibilities**

None stated

### **8.2 Shelf-life**

Do not use later than date of expiry.

### **8.3 Packaging information**

LOSAR-H is available in blister strip of 15 tablets.

### **8.4 Storage and Handing Instructions**

Store in a cool & dry place. Protected from light.

Keep all medicines out of reach of children.

## **9. Patient counselling information**

Package leaflet: Information for the patient

LOSAR H

LOSAR-H 50mg/12.5mg Film-coated tablets

**Losartan potassium and hydrochlorothiazide**

**Read all of this leaflet carefully before 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.

### **What is in this leaflet?**

9.1. What LOSAR-H is and what it is used for

9.2. What you need to know before you take LOSAR-H

9.3. How to take LOSAR-H

9.4. Possible side effects

9.5. How to store LOSAR-H

9.6. Contents of the pack and other information

#### **9.1 What LOSAR-H is and what it is used for**

LOSAR-H is a combination of an angiotensin II receptor antagonist (losartan) and a diuretic (hydrochlorothiazide). Angiotensin II is a substance produced in the body which binds to receptors in blood vessels, causing them to tighten. This results in an increase in blood pressure. Losartan prevents the binding of angiotensin II to these receptors, causing the blood vessels to relax which in turn lowers the blood pressure. Hydrochlorothiazide works by making the kidneys pass more water and salt. This also helps to reduce blood pressure.

LOSAR-H is indicated for the treatment of essential hypertension (high blood pressure).

#### **9.2 What you need to know before you take LOSAR-H**

##### **Do not take LOSAR-H**

- If you are allergic to losartan, hydrochlorothiazide or to any of the other ingredients of this medicine,
- If you are allergic to other sulphonamide-derived substances (e.g. other thiazides, some antibacterial drugs such as co-trimoxazole, ask your doctor if you are not sure),
- If you have severely impaired liver function,
- If you have low potassium, low sodium or high calcium levels which cannot be corrected by treatment,
- If you are suffering from gout,

- If you are more than 3 months pregnant (It is also better to avoid LOSAR-H in early pregnancy),
- If you have severely impaired kidney function or your kidneys are not producing any urine,
- 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, pharmacist, or nurse before taking Losartan potassium and hydrochlorothiazide Comp.

You must tell your doctor if you think you are (or might become) pregnant. LOSAR-H 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.

It is important to tell your doctor before taking Losartan potassium and hydrochlorothiazide :

- if you have previously suffered from swelling of the face, lips, throat or tongue;
- if you take diuretics (water pills);
- if you are on a salt-restricted diet;
- if you have or have had severe vomiting and/or diarrhoea;
- if you have heart failure;
- if your liver function is impaired
- if you have narrow arteries to your kidneys (renal artery stenosis) or only have one functioning kidney, or you have recently had a kidney transplant;
- if you have narrowing of the arteries (atherosclerosis), angina pectoris (chest pain due to poor heart function);
- if you have ‘aortic or mitral valve stenosis’ (narrowing of the valves of the heart) or ‘hypertrophic cardiomyopathy’ (a disease causing thickening of heart muscle);
- if you are diabetic;
- if you have had gout;
- if you have or have had an allergic condition, asthma or a condition that causes joint pain, skin rashes and fever (systemic lupus erythematosus);
- if you have high calcium or low potassium levels or you are on a low potassium diet;
- if you need to have an anaesthetic (even at the dentist) or before surgery, or if you are going to have tests to check your parathyroid function, you must tell the doctor or medical staff that you are taking losartan potassium and hydrochlorothiazide tablets;
- if you suffer from primary hyperaldosteronism (a syndrome associated with increased secretion of the hormone aldosterone by the adrenal gland, caused by an abnormality within the gland);
- if you are taking any of the following medicines used to treat high blood pressure:
  - o An ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems;
  - o 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 Losartan potassium and hydrochlorothiazide**”.

### **Children and adolescents**

There is no experience with the use of LOSAR-H in children. Therefore, LOSAR-H should not be given to children.

### **Other medicines and LOSAR-H**

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 LOSAR-H may interact with other medicines.

Preparations containing lithium should not be taken with LOSAR-H without close supervision by your doctor.

Special precautionary measures (e.g. blood tests) may be appropriate if you take potassium supplements, potassium-containing salt substitutes or potassium-sparing medicines, other diuretics (“water tablets”), some laxatives, medicines for the treatment of gout, medicines to control heart rhythm or for diabetes (oral agents or insulins).

It is also important for your doctor to know if you are taking:

- Other medicines to reduce your blood pressure;
- Steroids;
- Medicines to treat cancer;
- Pain killers;
- Drugs for treatment of fungal infections;
- Arthritis medicines;
- Resins used for high cholesterol, such as cholestyramine;
- Medicines which relax your muscles;
- sleeping tablets;
- Opioid medicines such as morphine;
- ‘pressor amines’ such as adrenaline or other drugs from the same group;
- Oral agents for diabetes or insulins;

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 Losartan potassium and hydrochlorothiazide Comp**” and “**Warnings and precautions**”).

Please also inform your doctor you are taking LOSAR-H if you will be undergoing a radiographic procedure and will be given iodine contrast media.

### **LOSAR-H with food and drink**

You are advised not to drink alcohol whilst taking these tablets: alcohol and LOSAR-H tablets may increase each other's effects.

Dietary salt in excessive quantities may counteract the effect of LOSAR-H tablets.

LOSAR-H tablets may be taken with or without food.

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

#### **Pregnancy**

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking LOSAR-H before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Losartan potassium and hydrochlorothiazide Comp. LOSAR-H is not recommended during 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. LOSAR-H is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed.

#### **Use in elderly patients**

LOSAR-H works equally well in and is equally well tolerated by older and younger adult patients. Older patients require the same dose as younger patients.

#### **Driving and using machines**

When you begin treatment with this medication, you should not perform tasks which may require special attention (for example, driving an automobile or operating dangerous machinery) until you know how you tolerate your medicine.

#### **LOSAR-H contains lactose**

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

### **9.3 How to take LOSAR-H**

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Your doctor will decide on the appropriate dose of LOSAR-H depending on your condition and whether you are taking other medicines. It is important to continue taking LOSAR-H for as long as your doctor prescribes it in order to maintain smooth control of your blood pressure.

#### **High Blood Pressure**

The usual dose of LOSAR-H for most patients with high blood pressure is 1 tablet of LOSAR-H 50 mg/12.5 mg per day to control blood pressure over the 24-hour period. This can be increased to 2 tablets once daily of Losartan / Hydrochlorothiazide 50 mg/12.5 mg Film-Coated Tablets or changed to 1 tablet daily of Losartan / Hydrochlorothiazide 100 mg/25 mg Film-Coated Tablets (a stronger strength) per day. The maximum daily dose is 2 tablets per day of Losartan / Hydrochlorothiazide 50 mg/12.5 mg Film-Coated Tablets or 1 tablet daily of Losartan / Hydrochlorothiazide 100 mg/25 mg Film-Coated Tablets.

## **Administration**

The tablets should be swallowed whole with a glass of water.

### **If you take more LOSAR-H than you should**

In case of an overdose, contact your doctor immediately so that medical attention may be given promptly. Overdose can cause a drop in blood pressure, palpitations, slow pulse, changes in blood composition, and dehydration.

### **If you forget to take LOSAR-H**

Try to take LOSAR-H daily as prescribed. However, if you miss a dose, do not take an extra dose. Just resume your usual schedule.

## **9.4 Possible side effects**

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

If you experience the following, stop taking LOSAR-H tablets and tell your doctor immediately or go to the casualty department of your nearest hospital:

A severe allergic reaction (rash, itching, swelling of the face, lips, mouth or throat that may cause difficulty in swallowing or breathing).

This is a serious but rare side effect, which affects more than 1 out of 10,000 patients but fewer than 1 out of 1,000 patients. You may need urgent medical attention or hospitalisation.

The following side effects have been reported:

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

- cough, upper airway infection, congestion in the nose, sinusitis, and sinus disorder;
- Diarrhoea, abdominal pain, nausea, indigestion;
- Muscle pain or cramps, leg pain, back pain;
- Insomnia, headache, dizziness;
- Weakness, tiredness, chest pain;
- increased potassium levels (which can cause an abnormal heart rhythm), decreased haemoglobin levels;
- Changes in kidney function including kidney failure;
- Too low sugar in the blood (hypoglycaemia).

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

- anaemia, red or brownish spots on the skin (sometimes especially on the feet, legs, arms and buttocks, with joint pain, swelling of the hands and feet and stomach pain), bruising, reduction in white blood cells, clotting problems, reduced number of platelets;
- loss of appetite, increased uric acid levels or frank gout, increased blood sugar levels, abnormal blood electrolyte levels;
- Anxiety, nervousness, panic disorder (recurring panic attacks), confusion, depression, abnormal dreams, sleep disorders, sleepiness, memory impairment;
- Pins and needles or similar sensations, pain in the extremities, trembling, migraine, fainting;
- blurred vision, burning or stinging in the eyes, conjunctivitis, worsening eyesight, seeing things in yellow;

- Ringing, buzzing, roaring or clicking in the ears, vertigo;
- low blood pressure, which may be associated with changes in posture (feeling light-headed or weak when you stand up, angina (chest pain), abnormal heartbeat, cerebrovascular accident (TIA, “mini-stroke”), heart attack, palpitations;
- Inflammation of blood vessels, which is often associated with a skin rash or bruising;
- Sore throat, breathlessness, bronchitis, pneumonia, water on the lungs (which causes difficulty breathing), nosebleed, runny nose, congestion;
- Constipation, obstipation, wind, stomach upsets, stomach spasms, vomiting, dry mouth, inflammation of a salivary gland, toothache;
- Jaundice (yellowing of the eyes and skin), inflammation of the pancreas;
- hives, itching, inflammation of the skin, rash, redness of the skin, sensitivity to light, dry skin, flushing, sweating, hair loss;
- pain in the arms, shoulders, hips, knees or other joints, joint swelling, stiffness, muscle weakness;
- frequent urination including at night, abnormal kidney function including inflammation of the kidneys, urinary tract infection, sugar in the urine;
- decreased sexual appetite, impotence;
- swelling of the face, localised swelling (oedema), fever.

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

- Hepatitis (inflammation of the liver), abnormal liver function tests.

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

- Flu-like symptoms;
- Unexplained muscle pain with dark (tea-colored) urine (rhabdomyolysis);
- Low levels of sodium in the blood (hyponatraemia);
- Generally feeling unwell (malaise);
- disturbed taste (dysgeusia).

### **9.5 How to store LOSAR-H**

Store in a cool & dry place. Protected from light.

Keep all medicines out of reach of children.

### **9.6 Contents of the pack and other information**

LOSAR-H is available in blister strip of 15 tablets.

#### **What LOSAR-H contains**

#### **What LOSAR-H looks like and contents of the pack**

Losartan Potassium I.P 50 mg and Hydrochlorothiazide I.P 12.5 mg As active ingredients.

The excipients used are Microcrystalline Cellulose, Lactose Monohydrate, Pregelatinized Starch, Croscarmellose Sodium, Colloidal Silicon Dioxide, Talc, Magnesium Stearate, Hypromellose, Titanium Dioxide, Macrogol/PEG, Sunset Yellow FCF, and Isopropyl Alcohol & Methylene Chloride.



**10. Details of manufacturer**

Torrent Pharmaceuticals Ltd.

32 No. Middle Camp, NH-10, East District, Gangtok. Sikkim-737 135.

OR

Torrent Pharmaceuticals Ltd.

Unit-III, NH-10, Village: Bagheykhola, P.O.: Majhitar,

Rangpo, East District, Gangtok. Sikkim-737 136.

**11. Details of permission or licence number with date**

Mfg Licence No.: M/563/2010 issued on 15.11.2017

OR

Mfg Licence No.: M/543/2010 issued on 30.11.2017

**12. Date of revision**

Not Applicable

**MARKETED BY**



TORRENT PHARMACEUTICALS LTD.

**IN/ LOSAR-H 50, 12.5 mg /APR-20/01/PI**