

# HERBESSER<sup>®</sup> TABLETS

Consumer Medication Information Leaflet (RiMUP)

Diltiazem Hydrochloride (30mg, 60mg)

## What is in this leaflet

1. What Herbesser is used for
2. How Herbesser works
3. Before you use Herbesser
4. How to use Herbesser
5. While you are using it
6. Side effects
7. Storage and Disposal of Herbesser
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What Herbesser is used for

Herbesser is used to treat hypertension and angina. Hypertension is high blood pressure. Angina is a severe chest pain which occurs when the heart muscles do not receive enough oxygen.

## How Herbesser works

Herbesser works by relaxing and opening up the blood vessel. This allows blood to circulate more freely around the body, lowering blood pressure and helping more oxygen to reach the heart.

## Before you use Herbesser

### - When you must not use it

Do not use this product if you have any heart problem known, like heart block.

Do not use this product if you are allergic to Diltiazem Hydrochloride, or any other ingredients in this medication.

### *Pregnancy and lactation*

Do not take Herbesser if you are pregnant, trying to get pregnant or think you may be pregnant.

Do not take Herbesser if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

### - Before you start to use it

Before you start to take this medication, let your doctor know if you have:

- any other medical condition, especially any heart related disease.

- have undergo, or is planning to take any sort of operation, minor or major.

### - Taking other medicines

Some medications will cause complications when taken together with Herbesser. This medications include:

- antihypertensive agents
- \* effect of antihypertensive agent is enhanced

- beta-blocking agents or rauwolfia preparations

- \* lower heart rate might occur

-any other heart medications.

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

## How to use Herbesser

### - How much to use

The usual adult dosage for oral use is 30 mg of diltiazem hydrochloride three times a day (90 mg/day). The dosage may be increased to 60 mg three times a day (180 mg/day), if necessary.

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

### - When to use it

Use as directed by your doctor or pharmacist.

### - How long to use it

Continue taking Herbesser for as long as your doctor recommends.

### - If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### - If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using it

### - Things you must do

Take your medicine exactly as your doctor has told you. Tell all the doctors, dentists and pharmacists treating you that you are taking Herbesser.

Tell your doctor immediately if you become pregnant while taking this medication.

### - Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor.

Do not give Herbesser to anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

#### *Driving and using machines*

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

---

**Side effects**

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

Common side effects include:

Dizziness, headache, stomach discomfort, nausea, or diarrhea.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers →Reporting).

**Storage and Disposal of Herbesser**

- Storage

Keep out of the reach and sight of children.

Store in a tight containers below 30°C, avoiding humidity.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**Product Description**

- What it looks like

Herbesser 30 is a white tablet with mark TA 120 on one side and blank on the other side.

Herbesser 60 is a white tablet with mark TA 125 on one side and mark 60 on the other side.

- Ingredients

- Active ingredient

Diltiazem hydrochloride

- Inactive ingredients

Lactose 200 mesh, Hydrogenated oil, Macrogol 6000, Magnesium Stearate

- MAL number:

Herbesser 30:  
MAL19861581AZ

Herbesser 60:  
MAL19890319AZ

**Manufacturer**

PT. Tanabe Indonesia  
Jalan Rumah Sakit No. 104,  
Ujungberung, Bandung 40612, Indonesia

**Product Registration Holder**

Pharmaforte (M) Sdn Bhd  
2, Jalan PJU 3/49  
Sunway Damansara  
47810 Petaling Jaya

**Date of revision**

21/5/2015

**Serial Number**

BPFK(R4/1)130515/00103