

# IMDEX CR TABLET

Isosorbide mononitrate 60mg

---

## What is in the leaflet?

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

## What Imdex is used for

Imdex is used to prevent angina. Angina is a pain or uncomfortable feeling in the chest, often spreading to the arms or the neck and sometimes to the shoulders and back. This is caused by too little blood and oxygen getting to the heart. The pain of angina is usually brought on by exercise or stress.

## How Imdex works

Imdex belongs to a group of medicines called nitrates. It works by relaxing the blood vessels, letting more blood and oxygen reach the heart.

## Before you use Imdex

- When you must not take it  
Do not use Imdex if you are allergic to it or medicine containing nitrates or nitrites or any ingredients listed at the end of the leaflet.

Do not use Imdex if you have the following medical conditions:

- Low blood pressure
- Shock including those caused by low blood pressure or failing heart
- Pericarditis (swelling around the heart)

- Weakened muscle of the heart

You must not use Imdex whilst taking sildenafil (Viagra), vardenafil (Levitra) or tadalafil (Cialis).

Do not use Imdex if you are pregnant or breast feeding unless your doctor says it is safe. Ask your doctor about the risks and benefits involved.

Do not give Imdex to children.

There is no specific information about use in children. Always ask your doctor before giving medicines to children.

Do not use after the use by (expiry) date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should take this medicine, talk to your doctor.

### - Before you start to use it

You must tell your doctor if:

1. you have any allergies to:
  - any medicine, foods, preservatives or dyes.
2. you have any of these medical conditions:
  - any illness affecting your liver or kidneys
  - low blood pressure (this can make you feel faint, weak or dizzy, especially when you stand up suddenly)
  - heart and blood vessel problems

It may not be safe for you to take Imdex if you have any of these conditions.

### - Taking other medicines

Tell your doctor if you are taking any other medicines, including:

- sildenafil (Viagra), vardenafil, (Levitra) or tadalafil (Cialis)
- medicines that you buy without a prescription from a pharmacy, supermarket or health food shop.

These medicines may affect the way Imdex works.

## How to use Imdex

Swallow Imdex tablets whole, with half a glass of water or other liquid. Do not chew or crush the tablets.

Imdex tablets are designed to let the drug out over a number of hours. If they are crushed or chewed they won't work properly.

### - How much to use

Adult dose:

Take one tablet daily. The dose may be increased to 120mg daily.

### - When to use it

Take Imdex tablet every day in the morning, at about the same time.

If your doctor tells you to take two 60mg Imdex tablets each day, take both tablets at the same time.

### - How long to use it

Continue taking your medicine for as long as your doctor tells you.

- If you forget to use it

If you forget to take a dose, take it as soon as you remember, as long as it is not more than 8 hours late.

If it is more than eight hours after you should have taken Imdex, wait until the right time the next day to take it.

Do not double the dose.

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

- If you use too much (overdose)

Telephone your doctor or go to casualty at your nearest hospital immediately if you think that you or anyone else may have taken too much Imdex even if there are no signs of discomfort or poisoning.

If you take too many Imdex tablets you will have a pulsing headache. You may also feel excited, flushed, have cold sweats, nausea (feeling sick) and vomit.

**While you are using it**

- Things you must do

Take Imdex regularly once every day. If you don't, you will be more likely to get attacks of angina.

Tell your doctor if you continue to get angina attacks, or they become more frequent, while you are taking Imdex.

- Things you must not do

Do not take medicines known as phosphodiesterase type 5 inhibitor used to treat impotence (or erectile dysfunction) whilst on Imdex.

Do not stop taking Imdex unless you have discussed it with your doctor.

Do not use Imdex for any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

You will probably feel better when you start taking Imdex, but be careful not to overdo physical activities straight away.

You will need time to improve your physical fitness.

Be careful when driving or operating machinery until you know how Imdex affects you.

Imdex may cause dizziness and fainting in some patients, especially when you first start to take it. Make sure you know how you feel when you are taking Imdex before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy.

Be careful when drinking alcohol while you are using Imdex.

If you drink alcohol while you are taking Imdex, your blood pressure may drop, making you feel dizzy or faint.

Please talk to your doctor or pharmacist about these possibilities if you think they may bother you.

**Side effects**

Like all medicines, Imdex tablet can cause side effects, although not everyone gets them.

Tell your doctor if you notice any of the following and they worry you:

- headache
- feeling faint
- dizziness
- myalgia (muscle pain)

Headache is the most common side effect while taking Imdex. It can occur at the beginning of treatment, but usually goes away after a few days.

These are all mild side effects of Imdex.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug 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 Imdex**

- Storage

Keep your Imdex tablets in the blister pack until it is time to take them.

If you take Imdex out of the blister pack it will not keep well.

Keep it in a cool dry place where the temperature stays below 30°C.

Do not store it or any other medicine in the bathroom or near a sink.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Do not leave it in the car on hot days.

- Disposal

Ask your pharmacist what to do with any tablets you have left over if your doctor tells you to stop taking them, or you find that they have expired.

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

Imdex 60mg CR is a yellow, oval, biconvex, film-coated tablet, scored on one side and embossed with CCM on the other side.

- Ingredients

Active ingredient:

- Isosorbide mononitrate

- Inactive ingredients:

- Glyceryl behenate
- Magnesium stearate
- Hydroxypropyl methylcellulose
- Opandry yellow
- Dibasic calcium phosphate
- Aerosil 200
- Colloidal silicone dioxide

- MAL number

MAL05012310AC

**Manufacturer**

UPHA PHARMACEUTICAL  
MFG (M) SDN BHD (53667-M)  
Lot 2&4, Jalan P/7, Section 13,  
Bangi Industrial Estate,  
43650, Selangor Darul Ehsan

**Product Registration Holder**

CCM PHARMACEUTICALS  
SDN BHD (277454-W)  
Lot 2&4, Jalan P/7, Section 13,  
Bangi Industrial Estate,  
43650, Selangor Darul Ehsan

**Date of Revision**

09/03/2015

Serial Number

BPFK (R4/1)081214/00076