

LOSTAD HCT FILM COATED TABLETS

One tablet of Lostad HCT 50/12.5mg contains 50mg of Losartan potassium and 12.5mg of Hydrochlorothiazide

One tablet of Lostad HCT 100/25mg contains 100mg of Losartan potassium and 25mg of Hydrochlorothiazide

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What Lostad HCT is used for

Lostad HCT is used for the treatment of high blood pressure. This drug is not used for initial therapy of high blood pressure, except when it is severe enough that the value of achieving prompt blood pressure control exceeds the risk of initiating therapy in these patients. Lostad HCT is used to reduce the risk of stroke (a sudden attack of weakness affecting one side of the body) in patients with high blood pressure and left ventricular hypertrophy (the thickening of the muscle of the left ventricle of the heart), but there is evidence that this benefit does not apply to Black patients.

How Lostad HCT works

Lostad HCT is a combination of Losartan potassium and Hydrochlorothiazide. Losartan is an angiotensin II receptor antagonists. Losartan keeps blood vessels from narrowing, which lowers blood pressure and improves blood flow. Hydrochlorothiazide is a thiazide diuretic (water pill) that helps prevent your body from absorbing too much salt, which can cause fluid retention.

Before you use Lostad HCT

When you must not use it

- If you are allergic (hypersensitive) to any component of this product.
- If you are allergic to other sulfonamide-derived drugs.

- If you are unable to urinate.

- If you are pregnant.

Before you start to use it

If any of the situations mentioned below apply to you, you should tell your doctor before taking this drug:

- If you have renal artery stenosis (narrowing of the kidney artery).
- If you have kidney or liver dysfunction or progressive liver disease.
- If you have volume depletion (a reduction in extracellular fluid volume).
- If you take diuretics (water pills).
- If you have a history of allergy or bronchial asthma (a disease of the airway characterized by wheezing, shortness of breath, chest tightness and coughing).
- If you have lupus erythematosus (a chronic inflammatory disease of connective tissue, affecting the skin and various internal organs)
- If you have had gout.
- If you are diabetic.
- If you have postsympathectomy (a surgical division of sympathetic nerve fibres).
- If you think you are (or might become) pregnant.
- If you are in breast-feeding.

Taking other medicines

Please tell you doctor or pharmacist if you are taking, or have recently taken any other medicines, including medicines obtained without a prescription.

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

- Sulfonamide-derived drugs (e.g. indapamide, furosemide, glipizide).
- Rifampicin.
- Fluconazole (used for treatment of fungal infections).
- Potassium-sparing diuretics (e.g., spironolactone, triamterene,

amiloride), potassium supplements, potassium-containing salt substitutes.

- Drugs to reduce your blood pressure.
- Alcohol. Barbiturates or narcotics.
- Drugs for treatment of diabetes (oral agents and insulin).
- Resins used for high cholesterol (cholestyramine, colestipol).
- Steroids (corticosteroids, ACTH).
- Pressor amines (adrenaline).
- Skeletal muscle relaxants.
- Lithium.
- Arthritis medicines (NSAIDs).

How to use Lostad HCT

How much to use

Always take Lostad HCT exactly as your doctor has instructed you. Your doctor will decide on the appropriate dose of Lostad HCT tablets depending on your condition and whether you are taking other medicines.

To control blood pressure over the 24-hour period, the usual dose of Lostad HCT 50/12.5mg tablets is 1 tablet once daily whereas the usual dose of Lostad 100/25mg tablets is ½ tablet once daily for most patients with high blood pressure. Dosage of Lostad 50/12.5mg can be increased to 2 tablets once daily or changed to 1 Lostad HCT 100/25mg tablet (a stronger strength) once daily if the patients do not respond adequately after 3 weeks of therapy. The maximum daily dose is 2 Lostad HCT 50/12.5mg tablets or 1 Lostad HCT 100/25mg tablet.

When to use it

Lostad HCT is administered orally as a single dose at any time of day, with or without food.

How long to use it

It is important to continue taking Lostad HCT tablets for as long as your doctor prescribes it in order to maintain smooth control of your blood pressure.

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If you forget to use it

Try to take Lostad HCT daily as prescribed. If you miss a dose, take it as soon as you remember. If it is close to your next dose, do not take the missed dose. Just take the next dose at your regular time.

If you use too much (overdose)

In case of an overdose, contact your doctor immediately so that medical attention may be given promptly

While you are using it

Things you must do

- Tell your doctor if you become pregnant or you are nursing a child.
- Your doctor may do blood tests from time to time while you are taking Lostad HCT 50/12.5 mg.
- Keep all of your doctor's appointments so that your progress can be checked.

Things you must not do

Do not take potassium supplements or salt substitutes containing potassium without talking to your doctor or pharmacist first. This medicine can infrequently raise or lower your potassium blood levels, which rarely can cause serious side effects such as muscle weakness/contraction or very slow heartbeats. Tell your doctor immediately if these effects occur.

Things to be careful of

- You are advised not to drink alcohol while taking these tablets.
- Use with caution if you have problems with your liver or kidneys.
- Refrain from driving or operating machinery if you experience dizziness while taking Lostad HCT.

Side effects

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

The following side effects have been reported:

- Dizziness, headache, weakness, chest pain, restlessness.
- Low blood pressure.
- Kidney: kidney failure, kidney dysfunction, interstitial nephritis (a form of inflammation of the kidney affecting the interstitium of the kidneys surrounding the tubules).
- Hypersensitivity: rash, urticarial, itching (pruritus), swelling of the face or throat (angioedema), skin rash (purpura), abnormal and severe reaction of the skin to sunlight (photosensitivity), necrotizing angitis (a disease characterized by inflammatory destruction of blood vessels), fever, respiratory distress including inflammation of the lungs (pneumonitis) and swelling of the lung (pulmonary edema).
- High levels of blood potassium which can cause abnormal heart rhythm (hyperkalaemia).
- Musculoskeletal: muscle pain (myalgia), joint pain (arthralgia), muscular contraction (muscle spasm), prolonged painful contraction of a muscle (cramping).
- Cough.
- Respiratory-tract disorders, back pain, fatigue, decrease in the number of neutrophils in the blood (neutropenia).
- Abnormal muscle breakdown which can lead to kidney problems (rhabdomyolysis).
- Digestive: inflammation of the pancreas (pancreatitis), yellowing of the skin or eyes (jaundice), inflammation of the salivary gland (sialadenitis), symptoms of a stomach or intestinal disorder including abdominal pain, bloated feeling, nausea, vomiting, burning sensation after eating, etc (gastric irritation).
- Severe reduction in blood cells which can cause weakness, bruising or make

infections more likely (aplastic anemia), severe reduction in number of white blood cells (leukopenia), reduction in red blood cells which can make the skin pale yellow and cause weakness or breathlessness (hemolytic anemia), reduction in blood platelets, which increases risk of bleeding or bruising (thrombocytopenia).

- High blood sugar (hyperglycemia), presence of glucose in the urine in abnormally large amounts (glycosuria), abnormally high level of uric acid in the blood (hyperuricemia).
- Skin: abnormal flushing of the skin (erythema) including Stevens-Johnson syndrome, exfoliative inflammation of the skin (dermatitis) including toxic epidermal necrolysis (a rare, life-threatening dermatological condition that is usually induced by a reaction to medications).
- Transient blurred vision, yellow vision (xanthopsia).
If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor.

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 (Consumers → Reporting).

Storage and Disposal of Lostad HCT

Storage

The expiry date of this pack is printed on the box. Do not use this pack after this date.

Do not store above 30°C. Store in dry and cool place. Protect from light.

Keep all medicines out of reach of children.

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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

Lostad HCT 50/12.5 mg appears as a white, round-shaped, film-coated tablet, biconvex, plain on both sides.

Lostad HCT 100/25mg appears as a white, caplet shape, film-coated tablet, biconvex, scored on both sides.

Ingredients

Active ingredients:

Lostad HCT 50/12.5mg: Losartan potassium 50mg and Hydrochlorothiazide 12.5mg

Lostad HCT 100/25mg: Losartan potassium 100mg and

Hydrochlorothiazide 25mg

The other ingredients are Lactose monohydrate, Pregelatinised starch, Microcrystalline cellulose, Colloidal anhydrous silica, Magnesium stearate, Opadry white 03B28796 and Purified water.

MAL numbers:

Lostad HCT 50/12.5mg: MAL12105072A

Lostad HCT 100/25mg: MAL12105073A

Manufacturer

STADA-VN J.V. Co., Ltd.,
(A Joint Venture Company of STADA Arzneimittel AG, Germany)
40 Tu Do Avenue,
Vietnam-Singapore Industrial Park,
Thuan An, Binh Duong Province,
Vietnam.

Product Registration Holder

Stadpharm Sdn Bhd
E-9-01, Oasis Square,
Ara Damansara,
No. 2, Jalan PJU 1A/7A,
47301 Petaling Jaya, Selangor.

Date of revision

11/09/2014

Serial Number

BPFK(R4/1)110914/00017