

## **PACKAGE LEAFLET: INFORMATION FOR THE USER**

**Pravastatin sodium Aurobindo 10 mg tablets**

**Pravastatin sodium Aurobindo 20 mg tablets**

**Pravastatin sodium Aurobindo 40 mg tablets**

Pravastatin sodium

**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 Pravastatin sodium Aurobindo is and what it is used for
2. What you need to know before you take Pravastatin sodium Aurobindo
3. How to take Pravastatin sodium Aurobindo
4. Possible side effects
5. How to store Pravastatin sodium Aurobindo
6. Contents of the pack and other information

### **1. What Pravastatin sodium Aurobindo is and what it is used for**

Pravastatin sodium Aurobindo belongs to a group of medicines called statins (or HMG-CoA reductase inhibitors). It prevents the production of cholesterol by the liver and consequently reduces the levels of cholesterol and other fats (triglycerides) in your body. When there are excessive levels of cholesterol in the blood, the cholesterol accumulates on the walls of blood vessels and blocks them.

This condition is called hardening of the arteries or atherosclerosis and it may lead to:

- chest pain (angina pectoris), when a blood vessel in the heart is partially blocked,
- a heart attack (myocardial infarction), when a blood vessel in the heart is completely blocked,
- a stroke (cerebrovascular accident), when a blood vessel in the brain is completely blocked.

This medicine is used in 3 situations:

#### In the treatment of high levels of cholesterol and fats in the blood

Pravastatin sodium Aurobindo is used to lower high levels of "bad" cholesterol and to raise the levels of "good" cholesterol in the blood when changes to diet and exercise have failed to adequately do this.

#### In the prevention of heart and blood vessel diseases

- If you have high levels of cholesterol in your blood and risk factors favouring these diseases (if you smoke, are overweight, if you have high blood sugar levels or high blood pressure, if you take little exercise), Pravastatin sodium Aurobindo is used to reduce the risk of you having heart and blood vessel diseases and to lower your risk of dying from these diseases.

- If you have already had a stroke or if you have pains in the chest (unstable angina), and even if you have normal cholesterol levels, Pravastatin sodium Aurobindo is used to reduce the risk of you having another heart attack or stroke in the future, and to lower your risk of dying from these diseases.

#### After organ transplants

If you have had an organ transplant and receive medication to prevent your body rejecting the transplant, Pravastatin sodium Aurobindo is used to reduce increased levels of fats in the blood.

## **2. What you need to know before you take Pravastatin sodium Aurobindo**

### **Do not take Pravastatin sodium Aurobindo and tell your doctor if:**

- if you are allergic to pravastatin sodium or any of the other ingredients of this medicine (listed in section 6).
- if you are pregnant, trying to become pregnant or if you are breast-feeding (see Pregnancy and breast-feeding);
- if you have a liver disease (active liver disease);
- if several blood tests have shown abnormal functioning of your liver (increased levels of liver enzymes in the blood).

### **Warnings and precautions**

#### **Check with your doctor or pharmacist before taking your medicine if:**

Before you take this treatment, you should tell your doctor if you have or have had any medical problems such as:

- kidney disease;
- an underactive thyroid (hypothyroidism);
- a liver disease or alcohol problems (drinking large amounts of alcohol);
- muscle disorders caused by a hereditary disease;
- muscle problems caused by another medicine belonging to the statins group (HMG-CoA reductase inhibitor drugs) or one belonging to the group known as fibrates (see Taking other medicines).
- Also tell your doctor or pharmacist if you have a muscle weakness that is constant. Additional tests and medicines may be needed to diagnose and treat this.

If you have suffered from any of these problems, or if you are older than 70 years, your doctor will need to carry out a blood test before and possibly during your treatment. These blood tests will be used to evaluate your risk of muscle-related side effects.

If you feel any unexplained cramps or muscle pains during treatment, tell your doctor immediately.

While you are on this medicine your doctor will monitor you closely if you have diabetes or are at risk of developing diabetes. You are likely to be at risk of developing diabetes if you have high levels of sugars and fats in your blood, are overweight and have high blood pressure.

### **Check with your doctor or pharmacist before taking Pravastatin sodium Aurobindo if you:**

- Have severe respiratory failure

### **Other medicines and Pravastatin sodium Aurobindo**

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

When combined with this treatment, **the medicines stated below may result in an increased risk of developing muscle problems** (see Possible side effects). It is important that you inform your doctor whether you are already being treated with:

- a medicine which lowers the cholesterol level in the blood (fibrates, e.g. gemfibrozil, fenofibrate);
- a medicine which lowers the body's immune defences (ciclosporin);
- a medicine which treats the infections caused by bacteria (an antibiotic such as erythromycin or clarithromycin, fusidic acid);
- another medicine which lowers the level of cholesterol in your blood (nicotinic acid).

If you are also using a medicine which lowers the level of fat in your blood (of the resin-type such as colestyramine or colestipol), this treatment should be taken at least one hour before or four hours after you have taken the resin. This is because **the resin can affect the absorption of Pravastatin sodium Aurobindo if the two medicines are taken too closely together.**

If you are taking a drug used to treat and prevent formation of blood clots called "warfarin like medicines", tell your doctor before taking Pravastatin Aurobindo because the use of warfarin like medicines concomitantly with Pravastatin Aurobindo might increase the results of blood tests used to monitor the treatment with warfarin like medicines.

### **Pravastatin sodium Aurobindo with food and drink**

This treatment can be taken with or without food, with half a glass of water.

You should always keep your alcohol intake to a minimum. If you are concerned about how much alcohol you can drink while you are taking this medicine, you should discuss this with your doctor.

### **Pregnancy**

Do not take Pravastatin sodium Aurobindo during pregnancy. If you discover that you are pregnant, you should inform your doctor immediately. Ask your doctor or pharmacist for advice before taking any medicine.

### **Breast-feeding**

Do not take Pravastatin sodium Aurobindo if you intend to breast-feed as this treatment passes into the mother's milk.

### **Driving and using machines**

Pravastatin sodium Aurobindo does not usually affect your ability to drive or use machines. If you experience any dizziness, blurred or double vision during treatment, make sure you are fit to drive and use machines before attempting to do so.

**Pravastatin sodium Aurobindo contains lactose.** If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicinal product.

## **3. How to take Pravastatin sodium Aurobindo**

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 advise you on a low fat diet which you should continue over the full treatment period.

Pravastatin sodium Aurobindo can be taken with or without food, with half a glass of water.

### **Dosage**

#### **Adults:**

- In the treatment of high levels of cholesterol and fats in the blood: the usual dose is 10 to 40 mg once a day, preferably in the evening.
- In the prevention of heart and blood vessel diseases: the usual dose is 40 mg once a day, preferably in the evening.

The maximum daily dose of 40 mg of Pravastatin sodium Aurobindo should not be exceeded. Your doctor shall tell you which dose suits you.

#### **Paediatric patients (8-18 years of age) with a hereditary disease which increases the level of cholesterol in the blood:**

The usual dose is 10 to 20 mg once a day between 8 and 13 years and from 10 to 40 mg once a day between 14 and 18 years.

#### **After organ transplant:**

Your doctor may prescribe a starting dose of 20 mg once a day. The dose may be adjusted up to 40 mg by your doctor.

If you are also taking a medicine which lowers the body's immune system (ciclosporin), your doctor may prescribe a starting dose of 20 mg once a day. The dose may be adjusted up to 40 mg by your doctor.

If you suffer from kidney or severe liver disease, your doctor may prescribe a lower dose of Pravastatin sodium Aurobindo to you.

If you have the impression that the effect of this treatment is too strong or too weak, talk to your doctor or pharmacist.

### **Duration of treatment**

Your doctor will indicate the duration of your treatment with Pravastatin sodium Aurobindo. This medicine must be used very regularly and for as long as your doctor advises, even if it is for a very long time. Do not stop your treatment by yourself.

### **If you take more Pravastatin sodium Aurobindo than you should**

If you have taken too many tablets, or if someone accidentally swallows some, contact your doctor or the nearest hospital for appropriate advice.

### **If you forget to take Pravastatin sodium Aurobindo**

If you miss a dose, simply take your usual dose when it is next due.

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

## **4. Possible side effects**

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

**Stop taking Pravastatin sodium Aurobindo and tell your doctor immediately** if you develop any unexplained or persistent muscle pain, tenderness, weakness, or cramps, especially, if at the same time you feel unwell or have a high temperature.

In very rare cases, muscle problems can be serious (rhabdomyolysis) and can lead to a serious, lifethreatening kidney disease.

Sudden severe allergic reactions including swelling of the face, lip, tongue or wind pipe which can cause great difficulty in breathing. This is a very rare reaction which can be serious if it occurs. You should tell your doctor immediately if it happens.

The following side effects are uncommon and may affect more than 1 out of 1 000 persons:

- **Effects on nervous system:** dizziness, tiredness, headache or sleep disturbances, including insomnia;
- **Effects on vision:** blurred or double vision;
- **Digestive effects:** indigestion, nausea, vomiting, stomach pain or discomfort, diarrhoea or constipation and wind;
- **Effects on skin and hair:** itching, pimples, hives, rashes, scalp and hair problems (including hair loss);
- **Urinary and genital effects:** bladder problems (painful or more frequent urination, having to pass water at night) and sexual difficulties;
- **Effects on muscles and joints:** muscle and joint pain.

The following side effects are very rare and may affect less than 1 out of 10 000 persons:

- **Effects on nervous system:** problems with touch including burning or tingling sensations or numbness which may indicate damage to nerves;
- **Effects on skin:** a severe skin disease (lupus erythematosus-like syndrome);
- **Effects on liver:** inflammation of the liver or pancreas; jaundice (recognisable by a yellowing of the skin and of whites of the eyes; very rapid death of liver cells (fulminant hepatic necrosis);
- **Effects on muscles and bones:** inflammation of one or more muscles leading to pain or weakness in muscles (myositis or polymyositis); pain or weakness in muscles, inflammation of tendons which may be complicated by rupture of tendons.
- **Abnormal blood tests:** increases in transaminases (a group of enzymes occurring naturally in the blood) which may be a sign of liver problems. Your doctor may want to perform tests periodically to check these.

Side effects of unknown frequency:

- **Effects on muscles and bones:** Muscle weakness that is constant.
- Dermatomyositis (condition characterized by an inflammation of the muscles and the skin).

#### **Possible side effects**

- Nightmares
- Memory loss
- Depression
- Breathing problems including persistent cough and/or shortness of breath or fever.
- Diabetes. This is more likely if you have high levels of sugars and fats in your blood, are overweight and have high blood pressure. Your doctor will monitor you while you are taking this medicine.

### **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. You can also report side effects directly via

HPRA Pharmacovigilance

Earlsfort Terrace

IRL - Dublin 2

Tel: +353 1 6764971

Fax: +353 1 6762517

Website: [www.hpra.ie](http://www.hpra.ie)

e-mail: [mailto:](mailto:medsafety@hpra.ie)

medsafety@hpra.ie

. By reporting side effects you can help provide more information on the safety of this medicine.

### **5. How to store Pravastatin sodium Aurobindo**

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, bottle and blister label after 'EXP'. The expiry date refers to the last day of that month.

This medicine does not require any special temperature storage conditions.

Blister pack: Store in the original package to protect from moisture.

HDPE bottle: Keep the container tightly closed 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 Pravastatin sodium Aurobindo contains**

- The active substance is pravastatin sodium. Each tablet contains 10 mg, 20 mg and 40 mg of pravastatin sodium.
- The other ingredients are: Microcrystalline cellulose, lactose monohydrate, heavy magnesium oxide, croscarmellose sodium, iron oxide yellow (E172), povidone K30, magnesium stearate.

#### **What Pravastatin sodium Aurobindo looks like and contents of the pack**

##### Pravastatin sodium Aurobindo 10 mg Tablets:

10 mg Tablet: Yellow, capsule shaped, biconvex, mottled, uncoated tablets with notched sides at double bisect, debossed with a "Y" on one side and "60" on other side.

The tablet can be divided into equal doses.

##### Pravastatin sodium Aurobindo 20 mg Tablets:

20 mg Tablet: Yellow, capsule shaped, biconvex, mottled, uncoated tablets with notched sides at double bisect, debossed with a "Y" on one side and "61" on other side.

The tablet can be divided into equal doses.

**Pravastatin sodium Aurobindo 40 mg Tablets:**

40mg Tablet: Yellow, capsule shaped, biconvex, mottled, uncoated tablets with notched sides at double bisect, debossed with a “Z” on one side and “18” on other side. The tablet can be divided into equal doses.

Pravastatin sodium\_Aurobindo tablets are available in Polyamide/ Aluminium/ PVC/ Aluminium blisters and HDPE bottle with polypropylene closure.

**Pack sizes:**

Blister pack: 1, 10, 14, 20, 28, 30, 50, 60, 84, 100 and 500 tablets.

HDPE bottle pack: 30, 100 and 1000 (hospital pack) tablets.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder**

Milpharm Limited  
Ares Block  
Odyssey Business Park  
West End Road  
Ruislip HA4 6QD  
United Kingdom

**Manufacturer**

APL Swift Services (Malta) Limited  
HF26, Hal Far Industrial Estate, Hal Far  
Birzebbugia, BBG 3000  
Malta

or

Milpharm Limited  
Ares Block  
Odyssey Business Park  
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Ruislip HA4 6QD  
United Kingdom

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