

## Package leaflet - information for the user

### Adalat® 5mg

soft capsules

### Nifedipine

## Read all of this leaflet carefully before you start taking this medicine.

Keep this leaflet. You may need to read it again.

If you have more questions, ask your doctor or pharmacist.

This medicine has been prescribed for you.

Do not pass it on to others. It may harm them, even if their symptoms are the same as yours. If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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## 1 What Adalat capsules are

Adalat capsules contain nifedipine, which belongs to a group of medicines called *calcium antagonists*.

**Adalat capsules are used to treat high blood pressure, angina (chest pain) or a condition called Raynaud's syndrome** which causes discolouration (often whitening) of the fingers and toes.

For high blood pressure: Adalat capsules work by relaxing and expanding the blood vessels. This makes the blood flow more easily and lowers blood pressure. Lower blood pressure reduces the strain on your heart.

For angina: Adalat capsules work by relaxing and expanding the arteries supplying the heart. This allows more blood and oxygen to reach the heart and decreases the strain on it. Your angina attacks will be less severe and less frequent if there is less strain on the heart.

Adalat capsules can increase the risk of serious heart problems in patients with high blood pressure or angina. Because of this, Adalat capsules are only used in these patients if no other treatments are appropriate.

For Raynaud's syndrome: Adalat capsules work by relaxing and expanding the blood vessels in the fingers and toes. This helps ensure a good blood supply.

## 2 Before you take Adalat capsules

### Do not take Adalat capsules:

- **If you have had a heart attack** within the last month.
- **If you get a sudden angina attack.** Adalat capsules will not help relieve symptoms of angina quickly.
- **If you have unstable angina**
- **If you are allergic** to the active ingredient (nifedipine), to any other similar medicines (known as *dihydropyridines*) or to any of the other ingredients. The ingredients of Adalat capsules are listed in section 6.
- **If you are taking rifampicin**, an antibiotic.
- **If you have been told that you have a narrowing of the aortic heart valve (stenosis).**
- **If you have ever had a collapse** caused by a **heart problem (cardiogenic shock)**, during which you became breathless, pale and had a cold sweat and dry mouth.
- **If your blood pressure continues to rise** despite treatment (*malignant hypertension*).

☐ **Tell your doctor and do not take Adalat capsules if any of these apply to you.**

## Your doctor will take special care:

- **If you have low blood pressure.** Your blood pressure may be decreased further by this treatment.
- **If you have a heart condition** where your heart cannot cope with increased strain (*poor cardiac reserve*).
  - **If you are pregnant.**
  - **If you are breastfeeding**
- **If you are a diabetic.** The treatment for your diabetes may need to be adjusted. If you have any questions about this, ask your doctor.
- **If you are on kidney dialysis.** If you have a very high blood pressure and a low blood volume, you might experience a sudden drop in blood pressure when you take Adalat capsules.
- **If your liver is not working properly.** Your doctor may need to do some blood tests. You may also be given a lower dose of Adalat capsules.

☐ **Talk to your doctor before you take Adalat capsules if any of these apply to you.**

## Tell your doctor:

- **If your chest pain (angina)** gets worse (comes on more often or more severely) over a matter of hours or days. You may be advised not to take Adalat capsules.
- **If you have chest pains after taking your first dose** of Adalat capsules. Your doctor may wish to change your treatment.
- **If you notice increased breathlessness.**
- **If you notice swelling of the ankles.**

☐ **Tell your doctor before you take the next dose** if any of these apply to you.

**Also tell your doctor:**

- **If you are giving a urine sample.** Adalat capsules may interfere with the results of certain urine tests.
- **If you are a man who has been unable to father a child** by *in vitro* fertilisation. Drugs like Adalat capsules have been shown to impair sperm function.

### Other medicines and Adalat capsules

**Tell your doctor about any other medicines** that you are taking, or took recently. This includes any products you bought without a prescription.

Some medicines may affect the way Adalat capsules work. **Tell your doctor** if you are taking:

- **Other medicines to treat high blood pressure.**
- **Rifampicin** (an antibiotic)
- **Cimetidine** (to treat stomach ulcers).
- **Digoxin, diltiazem, quinidine or beta-blockers** (to treat heart conditions).
- **Quinupristin/dalfopristin** (a combination antibiotic).
- **Phenytoin, carbamazepine or valproic acid** (to treat epilepsy).
- **Cisapride** (to treat reduced movements of the gullet and stomach).
- **Magnesium sulphate injections during pregnancy** (may cause a severe fall in blood pressure).
- **Erythromycin** (an antibiotic).
- **Ketoconazole, itraconazole or fluconazole** (antifungal medicines).
- **Indinavir, nelfinavir, ritonavir, saquinavir or amprenavir** (to treat HIV).
- **Fluoxetine or nefazodone** (to treat depression).
- **Tacrolimus** (to prevent the rejection of transplanted organs).
- **Phenobarbital** (usually used to treat insomnia or anxiety).

### Food and drink with Adalat capsules

You can take Adalat capsules either with or without food.

### Do not drink grapefruit juice or eat grapefruit while taking Adalat capsules.

Do not start taking Adalat capsules within 3 days of drinking grapefruit juice or eating grapefruit. Tell your doctor if you have had grapefruit or grapefruit juice in this time. Also, do not drink grapefruit juice or eat grapefruit whilst taking Adalat capsules. Grapefruit juice is known to increase the blood levels of the active ingredient, nifedipine. This effect can last for at least 3 days.

### Pregnancy and breastfeeding

If you are pregnant, think you might be pregnant or are planning a family, **tell your doctor before taking Adalat capsules.**

If you need to take Adalat capsules while breastfeeding, **tell your doctor before taking the capsules.**

### Driving and using machines

Adalat capsules may make you feel dizzy, faint, extremely tired or have visual disturbances. Do not drive or operate machinery if you are affected in this way. This may be more likely when you first start treatment, if you change capsules, or if you have drunk alcohol.

### 3 How to take Adalat capsules

Take the capsules as prescribed by your doctor.

Adalat capsules are not recommended for use in children and adolescents below 18 years of age because there is only limited data on the safety and efficacy in this population.

• **The recommended starting dose is one 5 mg capsule every 8 hours.** This allows your doctor to monitor how you are responding so that the best long term dose can be identified.

- The dose can be increased to a maximum of 20 mg every 8 hours.
- Leave at least two hours between doses.
- **Lower doses** may be prescribed for **elderly patients** or for patients who have **liver problems.**
- **Swallow the capsules whole with a little water.**
- **Continue to take the capsules** for as long as your doctor has told you to.

Do not take them with grapefruit juice.

You can take Adalat capsules either with or without food.

### If you take too many capsules

☐ **Get medical help immediately.** If possible, take your capsules or the box with you to show the doctor. Taking too many capsules may cause your blood pressure to become too low and your heartbeats to speed up or slow down. It may also lead to an increase in your blood sugar level or an increase in the acidity of your blood, swelling in the lungs, low blood oxygen levels and disturbances in consciousness, possibly leading to unconsciousness.

### If you forget to take the capsules

Take your normal dose immediately and continue taking your capsules as prescribed, waiting 8 hours before taking your next dose. Do not take a double dose to make up for the missed dose.

### 4 Possible side effects

Like all medicines, Adalat capsules can have side effects, although not everybody gets them.

### Serious side effects

**If you notice:**

- severe, sudden generalised allergic reaction including very rarely life-threatening shock (e.g. difficulty in breathing, drop of blood pressure, fast pulse) or swelling (including potentially life-threatening swelling of the airway)
- other allergic reactions causing swelling under the skin (possibly severe and including swelling of the larynx that may result in a life-threatening outcome)
- fast heart beat (*tachycardia*)
- shortness of breath or difficulty breathing
- mild to moderate allergic reactions
- itching (possibly severe), a rash or hives

☐ **Contact your doctor immediately and do not take the next dose** as these may be the first signs of allergic reaction which may become severe.

### Less serious side effects

Apart from the side effects listed above, these are the other side effects of Adalat capsules, starting with the more common ones:

### Common side effects

(These may affect up to 1 in 10 people)

- headache
- flushing
- general feeling of being unwell
- constipation
- swelling, particularly of the ankles and legs

### Uncommon side effects

(These may affect up to 1 in 100 people)

- stomach pain (*abdominal pain*)
- unspecific pain
- chills
- low blood pressure when standing up (symptoms include fainting, dizziness, light headedness, occasional palpitations, blurred vision and sometimes confusion)
- fainting

- irregular heartbeat (*palpitations*)
- dry mouth
- indigestion or upset stomach
- wind (*flatulence*)
- feeling sick (*nausea*)
- muscle cramps
- joint swelling
- sleep disorders
- anxiety or nervousness
- reddening of the skin
- nose bleeds
- nasal congestion
- sensation of spinning or whirling motion (*vertigo*)
- migraine
- dizziness
- trembling
- increase in the need to pass water (*urinate*)
- painful or difficult urination
- inability to achieve or maintain an erection (*impotence*)
- blurred vision
- temporary increase in certain liver enzymes

### Rare side effects

(These may affect up to 1 in 1,000 people)

- pins and needles
- unpleasant abnormal sensation
- inflammation of the gums, tender or swollen gums, bleeding gums

### Other side effects

(Frequency unknown)

- vomiting.
- eye pain
- chest pain
- lowered white blood cell count
- high blood sugar level
- reduction in skin sensitivity to pain or touch
- drowsiness or sleepiness
- acid reflux
- yellow discolouration of the skin (jaundice)
- life-threatening skin reaction (toxic epidermal necrolysis)
- allergic reaction to sunlight
- purplish-red spots which can be felt
- muscle / joint pain.
- shortness of breath

All of these symptoms usually go away when treatment with Adalat capsules is stopped.

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. 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: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

### 5 How to store Adalat capsules

Keep this medicine out of the reach and sight of children. Store your medicine in its original container. Protect from strong light and only remove the capsule from the blister strip when you are about to take it.

Do not store above 30°C.

Do not use after the expiry date which is marked on both the outer carton and on each blister strip of capsules.

Do not dispose of medicines in household rubbish. Any unused Adalat capsules should be returned to a pharmacist (chemist) who will dispose of them properly. This helps the environment.

### 6 Further information

#### What Adalat capsules contain

Adalat capsules contain the active ingredient, nifedipine. Adalat capsules also contain glycerol, purified water, saccharin sodium, peppermint oil and macrogol 400. The capsule shell contains gelatin, glycerol, titanium

dioxide (E171) and Sunset yellow (E110).  
Sunset yellow (E110) may cause allergic reactions.

**What's in the pack**

Each oval, soft gelatin capsule is filled with a viscous yellow liquid containing 5 mg of nifedipine.  
Each pack contains 90 capsules.

**Marketing authorisation holder:**

Bayer Limited, The Atrium,  
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Bayer Pharma AG, D-51368,  
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