

Package leaflet - information for the user

**Adalat® LA 20mg  
prolonged-release tablets**

(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.

The name of your medicine is Adalat LA 20mg prolonged-release tablets but it will be referred to as Adalat LA throughout this leaflet.

**In this leaflet**

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**1. What Adalat LA is**

Adalat LA contains nifedipine, which belongs to a group of medicines called *calcium antagonists*.

**Adalat LA is used to treat high blood pressure or angina** (*chest pain*).

For high blood pressure: Adalat LA works 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 LA works 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.

**2. Before you take Adalat LA**

**Do not take Adalat LA:**

- **If you have had a heart attack** within the last month.
- **If you get a sudden angina attack.** Adalat LA 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 LA are listed in section 6.
- **If you are taking rifampicin**, an antibiotic.
- **If you have a liver disease** that prevents your liver from working properly.
- **If you have inflammation of the bowel or intestines**, such as Crohn’s disease.
- **If you have an obstruction or narrowing in your intestines**, or have had this in the past.
- **If you have ever had an obstruction in the gullet** (the *oesophagus* - the tube connecting the throat to the stomach).
- **If you have been told 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 you have a “Kock pouch”** (a surgically constructed intestinal reservoir with an opening through the abdominal wall) in your gut.
- **If your blood pressure continues to rise** despite treatment (*malignant hypertension*).

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

**Your doctor will take special care:**

- **If you have low blood pressure** and you were prescribed Adalat LA for your angina. 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 breast-feeding.**
- **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 LA.

- ☐ **Talk to your doctor before you take Adalat LA 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 LA.
- **If you have chest pains after taking your first dose** of Adalat LA. 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 LA may interfere with the results of certain urine tests.
- **If you are to have a *barium contrast x-ray*** (barium meal). These tablets may affect the results of the test.
- **If you are a man who has been unable to father a child** by *in vitro* fertilisation. Drugs like Adalat LA have been shown to impair sperm function.

**Other medicines and Adalat LA**

**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 LA works. **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** (anti-fungal 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 LA**

You can take Adalat LA with or without food.

**Do not drink grapefruit juice or eat grapefruit while taking Adalat LA.**

Do not start taking Adalat LA 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 LA. Grapefruit juice is known to increase the blood levels of the active ingredient, nifedipine. This effect can last for at least 3 days.

Adalat LA 20mg contains salt (sodium).

**Tell your doctor if you are on a low-salt diet.**

**Pregnancy and breast-feeding**

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

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

**Driving and using machines**

Adalat LA 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 tablets, or if you have drunk alcohol.

**3. How to take Adalat LA**

Adalat is specially formulated so that you only have to take one dose each day.

Adalat LA is 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.

Take the tablets as prescribed by your doctor.

- **Dose for high blood pressure:** the usual dose is 1 tablet, once a day.
- **Dose for angina:** the dose depends on your individual requirements. Your doctor will decide how much you should take.
- **Swallow the tablets whole. Do not bite, chew or break them** – if you do they will not work properly. If you have difficulty swallowing tablets, consult your doctor as he or she may wish to change your medicine.
- **Continue to take these tablets** for as long as your doctor has told you to.

Take your dose at the same time each day, preferably in the morning.

Take your tablets with a glass of water. Do not take them with grapefruit juice.

You can take Adalat LA with or without food.

You may see what looks like a complete tablet in the toilet or in your stools. This is normal – it’s the outer shell of the tablet which is not digested by the body.

**If you take too many tablets**

- ☐ **Get medical help immediately.** If possible, take your tablets or the box with you to show the doctor.

Taking too many tablets 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 tablets**

Take your normal dose immediately and continue taking your tablets at the usual time of day, waiting at least 12 hours before taking the next dose.

Do not take a double dose to make up for the missed dose.

**4. Possible side effects**

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

**If you notice:**

- hives on the body, lips, eyes or tongue
  - itching of the skin or rash
  - fast heart beat (*tachycardia*)
  - shortness of breath or difficulty breathing
- ☐ **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.

Apart from the side effects listed above, these are the other side effects of Adalat LA, 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*)

- stomach pain or distress caused by a mass of foreign material found in the stomach which may require surgery for removal
- difficulty swallowing
- abdominal pain, caused by obstruction of the gut or ulcers in the gut
- 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.

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

**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 at: 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 LA**

Do not store above 25°C. Store in the original package. The tablets should be protected from strong light and moisture.

Keep out of the sight and reach of children

Do not use tablets after the expiry date, which is marked on both the outer carton and on each blister strip of tablets. If you find that you have tablets after their expiry date, return them to your local pharmacist who will dispose of them properly.

**6. Further information**

**What Adalat LA contains**  
Each prolonged-release film-coated tablet contains 20mg of the active ingredient nifedipine. The tablets are pink, circular biconvex marked "Adalat 20" with black ink on one side.

Adalat LA also contains:  
Tablet core- polyethylene oxide, hypromellose, magnesium stearate, sodium chloride (salt), red iron oxide (E172)  
Tablet coat- hypromellose, iron oxide, red (E172), cellulose acetate, macrogol, hydroxypropylcellulose, titanium dioxide (E171), propylene glycol  
Printing ink- propylene glycol  
The tablets from the UK also contain shellac and iron oxide, black (E172).

Adalat LA is available in calendar blister packs of 14 and 28 tablets.

**REMEMBER:** This medicine has been prescribed for you. Do not give it to anyone else under any circumstances, even if they have the same condition as you. If you have any doubts about taking Adalat LA 20 Tablets correctly, seek the advice of your doctor or pharmacist.

**Manufactured by:** Bayer Schering Pharma AG, Leverkusen, Germany.

**Procured from within the EU and repackaged by the PPA Holder:** B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 ONU, UK.

**Adalat® LA 20mg prolonged-release tablets** **PPA No: 1328/47/1** **POM**

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