Zanipress®

10/10 mg and 10/20 mg
Film-coated tablets
Lercanidipine hydrochloride and enalapril maleate

USE IN PREGNANCY
When used in pregnancy during the second and third trimesters, drugs that act directly on the renin-angiotensin system can cause injury and even death to the developing fetus.
When pregnancy is detected, Zanipress® should be discontinued as soon as possible. See **Pregnancy and breast-feeding.**

Read all of this leaflet carefully before you start taking this medicine.
- Keep this leaflet. You may need to read it again.
- If you may have any further 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.

In this leaflet

1. WHAT ZANIPRESS® IS AND WHAT IT IS USED FOR

Zanipress® is a fixed combination of a calcium channel blocker (lercanidipine) and an ACE-inhibitor (enalapril), two medicines that lower blood pressure.
Zanipress® 10/10 mg is used:
for the treatment of high blood pressure (hypertension) in patients whose blood pressure is not adequately controlled by lercanidipine 10 mg alone.
Zanipress® 10/20 mg is used:
for the treatment of high blood pressure (hypertension) in patients whose blood pressure is not adequately controlled by enalapril 20 mg alone.
Zanipress® should not be used for initial treatment of hypertension.

2. BEFORE YOU TAKE ZANIPRESS®

Do not take Zanipress®:
- if you are allergic to either of the pharmacologically active ingredients (lercanidipine or enalapril) or to any of the other ingredients of Zanipress® tablets.
- if you are allergic to medicines closely related to Zanipress® (e.g. amlodipine, felodipine, nifedipine, captopril, fosinopril, lisinopril, ramipril).
- if you are during the second and third trimester of pregnancy.
- if you suffer from certain heart diseases:
  - untreated congestive heart failure.
  - obstruction to the flow of blood from the left ventricle of the heart, including a narrowing of the aorta (aortic stenosis).
  - unstable angina pectoris (angina at rest or progressively increasing angina).
  - within one month after suffering a heart attack (myocardial infarction).
- if you have severe liver or kidney problems, or if you are undergoing dialysis.
- if you use medicines such as:
  - antifungals (e.g. ketoconazole, itraconazole).
  - macrolide antibiotics (e.g. erythromycin, troleandomycin).
  - antivirals (e.g. ritonavir).
- if you are simultaneously using a medicine known as cyclosporin.
- together with grapefruit or grapefruit juice.
- if you have ever developed angioedema (oedema of the face, lips, tongue, and/or larynx, hands, and feet), either hereditary in type or after previous treatment with an ACE-inhibitor.
- if you have a hereditary tendency to tissue swelling or if you develop tissue swelling of unknown cause (hereditary or idiopathic angioedema).

Take special care with Zanipress®
Please inform your doctor or pharmacist:
- if you suffer from heart disease involving interruption of blood flow (ischaemia).
- if you suffer from a disturbance of blood flow in the brain (cerebrovascular disease).
- if you have renal problems.
- if your liver enzyme levels rise or if you develop jaundice.
- if your white blood cells are reduced to various degrees (leucopenia, agranulocytosis), possibly resulting in susceptibility to infection and severe general symptoms.
- if you suffer from certain diseases of the connective tissue with involvement of blood vessels (collagen vascular diseases).
- if you are simultaneously taking allopurinol (an anti-gout medicine), procainamide (a medicine used to combat irregular heartbeat), or lithium (a medicine used to combat certain types of depression).
- if you develop hypersensitivity reactions or tissue swelling (angioedema) during treatment with Zanipress®.
- if you suffer from diabetes mellitus.
- if you develop a persistent dry cough.
- if you are at risk of an elevation of the potassium level in your blood.
- if the reduction in blood pressure is inadequate because of your ethnic origin (especially in patients with black skin).
- if you think you are (or might become) pregnant.

Zanipress® is not recommended in early pregnancy, and must not be taken during the second and third trimesters of pregnancy, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

If you require desensitisation therapy for insect venom (e.g. from bees or wasps), Zanipress® should be temporarily replaced by a suitable medicine of a different type.
Otherwise, life-threatening general symptoms may occur. Such reactions can also occur after insect bites (e.g. bee or wasp stings).
Use of Zanipress® while receiving dialysis or treatment for greatly elevated blood lipid levels can result in severe hypersensitivity reactions and even life-threatening shock. Please inform your doctor that you are being treated with Zanipress® or that you require dialysis, so that the doctor can take this into account when prescribing treatment.
If you are shortly to undergo an operation or anaesthesia (including dental anaesthesia), please inform your doctor that you are taking Zanipress®, since an abrupt fall in blood pressure could occur during anaesthesia.
Please inform your doctor immediately if you develop any of the following signs or symptoms:
- Swelling of the face, limbs, lips, mucous membranes, tongue, and/or larynx, or shortness of breath.
- Yellow colouration of the skin and mucous membranes.
- Fever, swelling of the lymph nodes, and/or inflammation of the throat.

In such cases you must stop taking Zanipress® and your doctor will take appropriate measures.
The safety and efficacy of Zanipress® has not been demonstrated in controlled studies in children.
Use of this medicine requires regular medical monitoring. Therefore, please be absolutely sure to undergo whatever laboratory tests and examinations your doctor orders.

Taking other medicines
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.
When Zanipress® is taken simultaneously with certain other medicines, the effect of Zanipress® or of the other medicine may be intensified or weakened, or certain side effects may occur more frequently.
The blood pressure-lowering effect can be intensified if you use any of the following medicines together with Zanipress®:
- Cyclosporin (a medicine that suppresses the immune system).
- Oral antifungal drugs such as ketoconazole and itraconazole.
- Antiviral agents such as ritonavir.
- Macrolide antibiotics such as erythromycin or troleandomycin.
- The anti-ulcer drug cimetidine at daily doses of more than 800 mg.
- Diuretics such as hydrochlorothiazide, chlorthalidone, furosemide, triamterene, amiloride, indapamide, spironolactone, or other blood pressure-lowering medicines including drugs of the same family known as renin-angiotensin system inhibitors (RAS inhibitors) because it is associated with risk of hypotension, syncope, hyperkalemia and changes in renal function compared to monotherapy.

Blood pressure, renal function and electrolytes in patients on Zanipress® or other RAS inhibitors should be closely monitored.
- Certain vasodilating agents such as glyceryl trinitrate and organic nitrates (isosorbide) or anaesthetic agents.
- Certain antidepressant and antipsychotic medicines.
- Baclofene.

The blood pressure-lowering effect can be weakened if you use any of the following medicines together with Zanipress®:
- Certain painkillers (e.g. paracetamol, ibuprofen, naproxen, indomethacin, or aspirin unless used at low dosage).
- Drugs acting on blood vessels (e.g. noradrenaline, isoprenaline, dopamine, salbutamol).
- Anticonvulsants such as phenytoin and carbamazepine.
- Rifampicin (a drug for the treatment of tuberculosis).

If you use digoxin (a medicine that influences the tone of the heart muscle) please ask your doctor what signs you should look out for.
If you use potassium-sparing diuretics (spironolactone) or potassium supplements, the level of potassium in your blood may increase.
Simultaneous use of lithium carbonate and Zanipress® can lead to lithium toxicity.
If you use immunosuppressant or anti-gout medicines, you may in very rare cases be susceptible to severe infections. If you suffer from diabetes, please note that simultaneous use of Zanipress® and either insulin or oral antidiabetic agents such as sulfonylureas and biguanides can result in hypoglycaemia (excessive reduction of blood sugar level) during the first month of treatment.
If you suffer from diabetes or renal impairment, avoid using Zanipress® concomitantly with aliskiren.
Please inform your doctor if you are using antihistamines such as terfenadine or astemizole or anti-arrhythmic agents such as amiodarone or quinidine, or estramustine or amiflostine or cisapride, since certain drug interactions can occur with these agents.

Taking Zanipress® with food and drinks
Zanipress® should be taken at least 15 minutes before a meal.
Alcohol can increase the effect of Zanipress®. You are therefore advised either to consume no alcohol or to strictly limit your alcohol intake.

Pregnancy and breast-feeding
Pregnancy
You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Zanipress® before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Zanipress®. Zanipress® is not recommended in early pregnancy, and must not be taken during the second and third trimesters of pregnancy, as it may cause serious harm to your baby if used at that stage.

Breast-feeding
Tell your doctor if you are breast-feeding or about to start breast-feeding. Breast-feeding newborn babies (first few weeks after birth), and especially premature babies, is not recommended whilst taking Zanipress®. In the case of an older baby your doctor should advise you on the benefits and risks of taking Zanipress® whilst breast-feeding, compared with other treatments.
Ask your doctor or pharmacist for advice before taking any medicines.

Driving and using machines
If you develop dizziness, weakness, tiredness, or drowsiness during treatment with this medicine, you must not drive a vehicle or operate machines.

Important information about some of the ingredients of Zanipress®
Zanipress® contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. HOW TO TAKE ZANIPRESS®

Always take Zanipress® exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
Unless otherwise prescribed by your doctor, the usual dose is one tablet once daily at the same time each day. The tablet should preferably be taken in the morning at least 15 minutes before breakfast. The tablets should be swallowed whole with water.
The tablets should not be taken with grapefruit or grapefruit juice.
If you have the impression that the effect of Zanipress® is too strong or too weak, please talk to your doctor.

If you take more Zanipress® than you should
If you have taken more than the dose prescribed by your doctor or in the event of overdosage, seek medical attention immediately and if possible take the tablets and/or the container with you to the doctor.
Taking more than the correct dose can cause your blood pressure to fall too far and your heart to beat irregularly or faster. This can result in loss of consciousness.
In addition, a severe fall in blood pressure can result in reduced blood flow to important organs, cardiovascular failure, and renal failure.

If you forget to take Zanipress®
If you forget to take your tablet, take the missed tablet as soon as possible unless it is almost time for your next dose. Then continue taking the tablets as usual. Do not take a double dose on the same day.

If you stop taking Zanipress®
If you stop taking Zanipress® your blood pressure may rise again. Please talk to your doctor before you stop taking Zanipress®. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Zanipress® can cause side effects, although not everybody gets them.
The most frequent side effects (1 to 10% frequency) observed with Zanipress® 10/10 mg are cough, dizziness and drowsiness. The most frequent side effects (1 to 10% frequency) observed with Zanipress® 10/20 mg are cough, headache, dizziness, peripheral oedema and rashs.
All adverse effects observed either with Zanipress® or with lercanidipine or enalapril alone are listed below.
Frequencies are defined as: very common (affecting more than 1 in 10 patients); common (affecting less than 1 in 10 patients); uncommon (affecting less than 1 in 100 patients); rare (affecting less than 1 in 1,000 patients); very rare (affecting less than 1 in 10,000 patients).

- Blood and lymphatic system (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Uncommon: Anaemia.
- Rare: Reduction in the number of certain blood cells, reduction in certain laboratory values (haemoglobin and haematocrit), reduced bone marrow function, lymph node swelling, autoimmune diseases.
- Metabolism (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Uncommon: Excessively low blood sugar levels.
- Eyes (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Very common: Blurred vision.
- Nervous system (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Very common: Dizziness.
- Common: Headache, depression.
- Uncommon: Confusion, drowsiness, sleeplessness, nervousness, abnormal sensations (e.g. pins and needles).
- Rare: Altered dreams, sleep disturbances.
- Cardiovascular system

Zanipress® 10/10 mg:
- Common: Excessive reduction in blood pressure including excessive fall in blood pressure when standing up, brief loss of consciousness (fainting), heart attack or stroke, chest pain, a feeling of tightness in the chest, abnormal heart rhythm, increased heart rate.
- Uncommon: Swelling of the ankles (peripheral oedema), heart pounding (palpitations).
- Rare: Coldness of the hands and feet (Raynaud's phenomenon).

Zanipress® 10/20 mg:
- Common: Swelling of the ankles (peripheral oedema), excessive reduction in blood pressure including excessive fall in blood pressure when standing up, brief loss of consciousness (fainting), heart attack or stroke, chest pain, a feeling of tightness in the chest, abnormal heart rhythm, increased heart rate.
- Uncommon: Heart pounding (palpitations).
- Rare: Coldness of the hands and feet (Raynaud's phenomenon).

- Airways (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Very common: Cough.
- Common: Shortness of breath (dyspnea).
- Uncommon: Nasal discharge, sore throat and hoarseness, wheezing, asthma.
- Rare: Abnormalities in the lung tissue, sniffling, inflammation of the lung.
- Gastrointestinal tract (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Very common: Nausea.
- Common: Diarrhoea, abdominal pain, altered taste.
- Uncommon: Intestinal obstruction, inflammation of the pancreas, vomiting, digestive disturbances, constipation, loss of appetite, gastric irritation, mouth dryness, gastric ulcer.
- Rare: Inflammation and ulceration of the mucous membrane of the mouth, inflammation of the tongue.
- Very rare: Gum thickening, intestinal swelling.
- Liver and gall bladder (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Rare: Liver failure, inflammation of the liver, jaundice (yellowing of the skin and/or the whites of the eyes).
- Skin and subcutaneous tissue (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Common: Flushing of the face, reddening and warm sensation in the skin, skin rashes, swelling of the face, lips, tongue, throat, hands.
- Uncommon: Increased sweating, itch, nettle rash, hair loss.
- Rare: Severe skin reactions.

A symptom complex has been described that can be associated with some or all of the following side effects: fever, inflammation of serous surfaces, inflammation of blood vessels, muscle and joint pain / muscle and joint inflammation and certain changes in laboratory values; skin rash, light sensitivity and other skin reactions can occur.
- Kidneys and urinary tract (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Uncommon: Kidney problems: disturbance of renal function, renal failure, increased excretion of protein in the urine.
- Rare: Reduced urine output, increased urine output.
- Reproductive organs and breasts (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Uncommon: Impotence.
- Rare: Breast enlargement in men.
- General (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Very common: Feeling of weakness.
- Common: Tiredness.
- Uncommon: Muscle cramps, ringing in the ears, malaise, fever.

Facial reddening is common with Zanipress® 10/20 mg and uncommon with Zanipress® 10/10 mg.
- Laboratory values (Zanipress® 10/10 mg and Zanipress® 10/20 mg)
- Common: Increased potassium level in blood, increased creatinine level in blood.
- Uncommon: Increased urea level in blood, reduced sodium level in blood.
- Rare: Increased laboratory values (liver enzymes, serum bilirubin).

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.

5. HOW TO STORE ZANIPRESS®

Keep out of the reach and sight of children.
Your Zanipress® tablets are best stored in their original package in order to protect from light and moisture. Do not store above 30°C.
Do not use Zanipress® after the expiry date which is stated on the carton and the blisters. The expiry date refers to the last day of that month.
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.

6. FURTHER INFORMATION

What Zanipress® contains
The active substances are lercanidipine hydrochloride and enalapril maleate.
Each film-coated tablet of Zanipress® 10/10 mg contains: 10 mg lercanidipine hydrochloride (equivalent to 9.44 mg lercanidipine) and 10 mg enalapril maleate (equivalent to 7.64 mg enalapril).
Each film-coated tablet of Zanipress® 10/20 mg contains: 10 mg lercanidipine hydrochloride (equivalent to 9.44 mg lercanidipine) and 20 mg enalapril maleate (equivalent to 15.29 mg enalapril).
The other ingredients are:
Core: lactose monohydrate, microcrystalline cellulose, sodium starch glycolate (Type A), povidone K30, sodium hydrogen carbonate, magnesium stearate.
Film-coating of Zanipress® 10/10 mg: hypromellose, titanium dioxide (E171), talc, macrogol 6000.
Film-coating of Zanipress® 10/20 mg: hypromellose, titanium dioxide (E171), talc, macrogol 6000, aluminum lake quinolone yellow (E104), iron oxide yellow (E172).

What Zanipress® looks like and contents of the pack
Zanipress® 10/10 mg tablets are white, round and biconvex film-coated tablets.
Zanipress® 10/20 mg tablets are yellow, round and biconvex film-coated tablets.
Zanipress® is available in packs of 7, 14, 28, 30, 35, 42, 50, 56, 90, 98 and 100 tablets.
Not all pack sizes may be marketed.

For more information about this medicinal product, please contact:
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To report any side effect:
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Email: npc.drug@sfda.gov.sa
Website: www.sfda.gov.sa/npc

Other GCC states
Also contact the relevant competent authority.

This is a medicament
- A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold you the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed.
- Do not repeat the same prescription without consulting your doctor.

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