

## PACKAGE LEAFLET: INFORMATION FOR THE USER

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### Isoptin

40mg, 80mg, 120mg and 160mg Film-coated tablets

VERAPAMIL

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*• This leaflet is a copy of the Summary of Product Characteristics and Patient Information Leaflet for a medicine, which outlines the conditions under which the medicine should be used and information on its known safety • The product information may be updated several times within its shelf life, and there could be differences between the version of information shown here and other information in the public domain or in the package insert • This leaflet may not contain all the information about the medicine or the information may not be the most up to date version for this product • If you have any questions or are not sure about anything, ask your doctor or pharmacist • Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.*

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*• 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 •*

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#### What is in this leaflet?

1. What Verapamil tablets are and what they are used for
2. Before you take
3. How to take
4. Possible side effects
5. How to store

#### 1. WHAT VERAPAMIL TABLETS ARE AND WHAT THEY ARE USED FOR

Verapamil belongs to a group of medicines called calcium-channel blockers which interfere with the electrical signals in the heart muscle and blood vessels. It is used to:

- manage high blood pressure (hypertension), used alone or with other drugs for high blood pressure.
- manage and prevent angina.
- treat and prevent certain types of abnormal heart beats.

#### 2. BEFORE YOU TAKE

##### **Do not take Verapamil tablets and tell your doctor if you:**

- are allergic (hypersensitive) to verapamil hydrochloride or any of the other ingredients in Verapamil tablets
- have heart failure or severe problems with the impulses and rhythms of the heart ( second or third degree atrioventricular block or sick sinus syndrome) unless you have a pacemaker
- have heart failure and are taking beta blockers
- have recently suffered a heart attack

- suffer from a slow heart rate (bradycardia)
- have low blood pressure (hypotension)
- have Wolff-Parkinson-White syndrome (rapid heart rate sometimes associated with dizziness or faintness).
- are already taking a medicine containing ivabradine for the treatment of certain heart diseases

Check with your doctor or pharmacist before taking Verapamil tablets if you:

- have had a heart attack or have problems with the impulses of the heart (first degree atrioventricular block)
- have liver disease
- have kidney failure.

### ***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. Especially:

- alpha or beta blockers (particularly important if having a beta blocker by injection) and other drugs to treat high blood pressure e.g. prazosin
- cimetidine (to treat stomach ulcers)
- phenobarbital, carbamazepine or phenytoin (to treat epilepsy)
- rifampicin (to treat infections)
- lithium (to treat depression)
- ciclosporin (to prevent organ transplant rejection)
- theophylline (to treat asthma)
- digoxin (to treat certain heart conditions)
- midazolam (used as sedative or anaesthetic)
- statins e.g. simvastatin, atorvastatin (to lower cholesterol levels)
- erythromycin, clarithromycin (to treat infections)
- aspirin (for pain, fever or to prevent blood clots)
- quinidine (to treat arrhythmias)
- colchicine (for gout)
- immunosuppressants such as ciclosporin, sirolimus, everolimus and tacrolimus (to prevent organ transplant rejection).
- dantrolene (to control muscle spasms)
- if you are about to receive surgery where an anaesthetic will be used (including dentistry)

### ***Pregnancy and breast-feeding***

If you are pregnant, planning to become pregnant or are breast-feeding, tell your doctor or pharmacist before taking this medicine.

### ***Driving and using machines***

Verapamil may make you feel drowsy, particularly when you first start the treatment and when changing over from another medicine. Make sure you are not affected before you drive or operate machinery, especially if taken with alcohol.

### ***Alcohol***

Verapamil may increase the amount of alcohol in the body and the time it takes for alcohol to leave the body. You should avoid excessive amounts of alcohol whilst taking Verapamil tablets.

### ***Surgery***

You should tell your doctor you are taking Verapamil tablets if you are having an operation or anaesthetic.

### 3. HOW TO TAKE

Always take Verapamil tablets exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist

Grapefruit juice

Do not eat or drink products containing grapefruit juice whilst taking verapamil, as grapefruit juice increases the effects of verapamil.

Swallow the tablets with water.

#### **Doses:**

##### **Adults**

- High blood pressure: Initially 120mg twice a day increasing to 160mg twice a day. In some cases, up to a maximum of 480mg a day can be taken in divided doses.
- Angina: Usually 120mg three times a day. For some patients 80mg three times a day may be sufficient.
- Abnormal heart beats: 40-120mg three times a day.

Children

- Up to 2 years: 20mg two or three times a day.
- 2 years and over: 40-120mg two or three times a day.

Elderly with heart or liver problems: you may be given a different dose.

#### ***If you take more than you should***

If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any contact your nearest hospital casualty department or tell your doctor immediately. Overdose can lead to low blood pressure and in rare cases heart failure.

#### ***If you forget to take the tablets***

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose, take it as soon as you remember. If it is nearly time for the next dose, skip the missed dose and take the next dose at the right time.

#### ***If you stop taking the tablets***

Talk to your doctor before you stop taking the tablets and follow their advice.

### 4. POSSIBLE SIDE EFFECTS

Like all medicines, Verapamil tablets can cause side effects, although not everybody gets them.

Contact your doctor at once if any of the following symptoms occur:

- allergic reaction: itching, rashes, difficulty breathing and swelling of the face, lips or tongue
- palpitations, chest pains for the first time or chest pains becoming more frequent.

Tell your doctor if you notice any of the following side effects, they get worse or you notice any other effects not listed:

**Nervous system** – headaches, dizziness, ‘pins and needles’, involuntary shaking or spasm

**Ears** – spinning sensation, ‘ringing in the ears’

**Heart /blood vessels** – fast, slow or irregular heart beat, low blood pressure, flushing/reddening of the skin, swelling of the ankles, hands or feet

**Stomach** – constipation, feeling or being sick, pain or discomfort in the stomach, swelling of the gums

**Skin** – hair loss, skin rash or itching, discolouring, tingling or prickling feeling, blisters, ulcers, numbness

**Muscles** – weakness, aches, pains in the joints and/or muscles

**Reproductive system** – **impotence**, enlarged breasts in men (reversible when treatment is stopped)

**Other** – tiredness, liver problems which can be detected by blood tests done by your doctor.

**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.

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

**5. HOW TO STORE**

Keep out of the reach and sight of children.

Store below 25°C in a dry place.

Do not use Verapamil tablets after the expiry date stated on the label/ carton/bottle. The expiry date refers to the last day of that month.

Return any unused medicine to your pharmacist for safe disposal.

***This leaflet was last revised in September 2015***