

curent PIL



Tabuk Pharmaceutical Mfg. Co.

1.3.3.2 English leaflet

English leaflet is enclosed overleaf.

Patient Information Leaflet (PIL)

Cardex® 2.5 mg, 5 mg, 10 mg Film Coated Tablets Bisoprolol fumarate

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 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 **Cardex** is and what it is used for
2. Before you take **Cardex**
3. How to take **Cardex**
4. Possible side effects
5. How to store **Cardex**
6. Further information

1. What **Cardex** is and what it is used for

The active ingredient in this medicine is Bisoprolol fumarate. **Cardex** belongs to group of medicines called beta-blockers. Beta-blockers protect the heart against too much activity.

Cardex 2.5 mg, 5 mg and 10 mg tablets are used in combination with other medicines to treat stable heart failure. Heart failure occurs when the heart muscle is too weak to pump blood around the circulation adequately. This results in breathlessness and swelling.

Cardex slows down the heart rate and makes the heart more efficient at pumping blood around the body.

Cardex 5 mg and 10 mg tablets are also used to treat high blood pressure (Hypertension) and angina pectoris (Chest pain caused by blockages in the arteries that supply the heart muscle).

2. Before you take **Cardex**

Do not take **Cardex**

- If you are allergic (Hypersensitive) to Bisoprolol fumarate or any of the other ingredients of **Cardex** tablets.
- If you have severe asthma or severe chronic lung disease.
- If you have severe blood circulation problem in your limbs (such as Raynaud's syndrome), which may cause your fingers and toes to tingle or turn pale or blue.
- If you have untreated phaeochromocytoma, a rare tumour of the adrenal gland (medulla).
- If you have metabolic acidosis, a condition when there is too much acid in the blood.
- If you have heart failure that suddenly becomes worse and/or that may require hospital treatment.
- If you have slow heart rate.
- If you have very low blood pressure.
- If you have a slow or irregular heart rate (less than 60 beats per minute). Ask your doctor if you are not sure.

Take special care with **Cardex**

Tell your doctor before you start to take this medicine:

- If you have asthma or chronic lung disease.
- If you have diabetes. **Cardex** can hide the symptoms of low blood sugar.
- If you are fasting from solid food.
- If you are treated for hypersensitivity (allergic) reactions. **Cardex** may make your allergy worse or more difficult to treat.
- If you have any heart problems.
- If you have any liver or kidney problems.
- If you have any problems with the circulation in your limbs.
- If you are going to be given a general anaesthetic during an operation - tell your doctor that you are taking **Cardex**.
- If you are taking verapamil or diltiazem, medicines used to treat heart conditions. Concomitant use is not recommended.
- If you have (or have had) psoriasis (a recurring skin rash).
- If you have phaeochromocytoma (a rare tumour of the adrenal gland). Your doctor will need to treat this before prescribing **Cardex** for you.
- If you have a thyroid problem. The tablets can hide symptoms of an overactive thyroid.

Taking other medicines:

Tell your doctor if you are already taking or using any of the following as they may interact with your medicine:

- Medicines for controlling the blood pressure or medicines for heart problems (such as amiodarone, amlodipine, clonidine, digitalis glycosides, diltiazem, disopyramide, felodipine, flecainide, lidocaine, methylodopa, moxonidine, phenytoin, propafenone, quinidine, rimendidine, verapamil).
- Medicines for depression e.g. imipramine, amitriptyline, moclobemide.
- Medicines to treat mental illness e.g. phenothiazines such as levomepromazine.
- Medicines used for anaesthesia during an operation.
- Medicines used to treat epilepsy e.g. barbiturates such as phenobarbital.
- Certain pain killers (for instance acetyl salicylic acid, diclofenac, indomethacin, ibuprofen, naproxen).
- Medicines for asthma or medicines used for a blocked nose.
- Medicines used for certain eye disorders such as glaucoma (increased pressure in the eye) or used to widen the pupil of the eye.
- Certain medicines to treat clinical shock (e.g. adrenaline, dobutamine, noradrenaline).
- Mefloquine, a medicine for malaria.
- All these drugs as well as **Cardex** may influence the blood pressure and/or heart function.
- Rifampicin for the treatment of infections.
- Medicines to treat severe headaches or migraines (ergotamine derivatives).

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without prescription.

Pregnancy and breast-feeding:

There is a risk that **Cardex** can harm the baby if it is used during pregnancy. If you are pregnant or plan to become pregnant you should tell your doctor. He or she will determine whether you can take **Cardex** during pregnancy. It is not known whether bisoprolol fumarate passes in to breast milk. Therefore, breastfeeding is not recommended during treatment with **Cardex**.

Driving and using machine:

The ability to drive or operate machinery may be affected, depending on how well you tolerate the medicine. Be especially careful at the beginning of the treatment, when the dose is increased or when the medication is changed, and when combined with alcohol.

3. How to take **Cardex**

Always take **Cardex** exactly as your doctor has told you. You should check with your doctor or your pharmacist if you are not sure. Treatment with **Cardex** requires regular medical check up. This is particularly important in the initiation of therapy and during dose increase. **Cardex** should be taken in the morning, with or without food. Swallow the tablet/s whole with some water and do not chew or crush them. Treatment with **Cardex** is usually prolonged.

Adults:

Chest pain and high blood pressure:

Your doctor will start the treatment with lowest possible dose (5 mg). Your doctor will monitor you closely at the start of treatment. Your doctor will increase your dose to obtain the best possible dosage for you.

The maximum recommended dose is 20 mg once per day.

Patient with kidney disease:

Patient with severe kidney disease should not exceed 10 mg of bisoprolol once daily. Please consult your doctor before starting to use this medicine.

Patient with liver disease:

Patient with severe liver disease should not exceed 10 mg of bisoprolol once daily. Please consult your doctor before starting to use this medicine.

Heart failure:

Before you start using **Cardex**, you should already be taking other medicines for heart failure including any ACE inhibitor, a diuretic and (as an added option) a cardiac glycoside. Treatment with **Cardex** must be started at a low dose and increased gradually.

Your doctor will decide how to increase the dose, and this will normally be done in the following way:

- 1.25 mg bisoprolol fumarate once daily for a week.
- 2.5 mg bisoprolol fumarate once daily for a week.
- 3.75 mg bisoprolol fumarate once daily for a week.
- 5 mg bisoprolol fumarate once daily for four weeks.
- 7.5 mg bisoprolol fumarate once daily for four weeks.
- 10 mg bisoprolol fumarate once daily for maintenance (on-going) therapy.

The maximum recommended daily dose of bisoprolol fumarate is 10 mg.

Depending on how well you tolerate the medicine, the doctor may also extend the time between dose increases. If your condition gets worse or if you no longer tolerate the drug, it may be necessary to lower the dose again or to stop treatment. For some patients a maintenance dose lower than 10 mg bisoprolol fumarate may be sufficient. Your doctor will tell you what to do. If you have to stop the treatment entirely, your doctor will usually advise you to reduce the dose gradually, as otherwise your condition may become worse.

Children:

Cardex is not recommended for use in children.

Elderly patient:

In general adjustment of the dose is not needed. It is recommended to start with lowest possible dose.

If you notice that the **Cardex** dose is too strong or does not work well enough, please consult your doctor or pharmacist.

If you take more **Cardex** than you should

If you take too much medicine, or if a child has swallowed the medicine by mistake ask your doctor or hospital for assessing risk and advice. Take this leaflet and any tablets you still have with you. You may feel slow heartbeat, severe breathing difficulties, dizziness or tremor (due to decreased blood sugar).

If you forget to take **Cardex**

If you forget to take a dose, take it as soon as you remember it unless it is nearly time for your next dose. Do not take a double dose to make up for a forgotten dose.

If you stop taking **Cardex**

Do not stop treatment suddenly or change the recommended dose without talking to your doctor first. If you need to stop treatment, it must be done gradually to avoid side effects.

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

4. Possible side effects

Like all medicines, **Cardex** can cause side effects, although not everybody gets them.

The following side effects are important and will require immediate action if you experience them. You should stop taking **Cardex** and see your doctor immediately if the following symptoms occur:

Common side effects (affecting fewer than 1 in 10 people):

- Worsening of heart failure causing increased breathlessness and/or retention of fluid.

Frequency not stated:

- Worsening of symptoms of blockage of the main blood vessels to the legs, especially at the start of treatment.

The following side effects have also been reported:

Very common side effects (affecting more than 1 in 10 people):

- Slow heart beat.

Common side effects (affecting fewer than 1 in 10 people):

- Cold hands and/or feet.
- Numbness of hands and/or feet.
- Low blood pressure.
- Feeling sick, vomiting, diarrhoea, constipation.
- Tiredness.
- Feeling weak.
- Dizziness.
- Headache.

Uncommon side effects (affecting fewer than 1 in 100 people):

- Worsening of irregular heart beat.
- Sleep disorders.
- Depression.
- Breathing problems in patients with asthma or chronic lung disease.
- Muscle weakness, muscle cramps.

Rare side effects (affecting fewer than 1 in 1,000 people):

- Changes in blood test results.
- Reduced tear flow (can be a problem if you wear contact lenses).
- Hearing disorders.
- Blocked, runny nose.
- Inflammation of the liver (hepatitis) causing abdominal pain, loss of appetite and sometimes jaundice with yellowing of the whites of the eyes and skin and dark urine.
- Hypersensitivity reactions such as itching, redness and skin rash.
- Reduced sexual performance.
- Nightmares.
- Hallucinations (imagining things).
- Fainting.

Very rare side effects (affecting fewer than 1 in 10,000 people):

- Inflammation of the eye (conjunctivitis).
- Aggravation of the skin condition psoriasis or the appearance of a similar dry, scaly rash.
- Hair loss.
- * If treated for high blood pressure or angina then these symptoms occur especially at the beginning of treatment, or if your dosage changes. They are generally mild and often disappear within 1 to 2 weeks.

If any of the side effects get serious or if any side effect is noticed which is not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store **Cardex**

Keep out of reach of children.

Store below 30°C.

Do not use beyond the expiry date or if the product shows any sign of deterioration.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away the medicines you no longer use. These measures will help to protect the environment.

6. Further information

What **Cardex** contains:

Cardex 2.5 mg: Each film coated tablet contains: Bisoprolol Fumarate 2.5 mg.

Cardex 5 mg: Each film coated tablet contains: Bisoprolol Fumarate 5 mg.

Cardex 10 mg: Each film coated tablet contains: Bisoprolol Fumarate 10 mg.

Excipients: Cellulose microcrystalline, starch, colloidal silicone dioxide, talc, magnesium stearate, HPMC, PEG, titanium dioxide, ferric oxide yellow, and simethicone.

Presentations:

Packs of 30 Film Coated Tablets.

Hospital packs are available.

To report any side effect(s):

- Saudi Arabia:

National Pharmacovigilance and Drug Safety Center (NPC)

Fax: +966-11-205-7662

Call NPC at +966-11-2038222

Exts: 2317-2356-2353-2354-2334-2340

Toll free phone: 8002490000

E-mail: npc.drug@sfd.a.gov.sa

Website: www.sfd.a.gov.sa/npc

- Other GCC States:

Please contact the relevant competent authority.

® is a trademark.

THIS IS A MEDICAMENT

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
 - Strictly follow the doctor's prescription, the method of use and the instructions of the pharmacist who sold 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 for you.
 - Do not repeat the same prescription without consulting your doctor.
- Keep medicament out of reach of children.**

Council of Arab Health Ministers & Union of Arab Pharmacists.

This patient information leaflet is approved by the Saudi Food and Drug Authority.



Manufactured by:
TABUK PHARMACEUTICAL MANUFACTURING COMPANY,
MADINA ROAD, P.O. Box 3633, TABUK-SAUDI ARABIA.

proposed PIL

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1. What Cardex is and what it is used for

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Cardex 2.5 mg, 5 mg and 10 mg tablets are used in combination with other medicines to treat stable heart failure. Heart failure occurs when the heart muscle is too weak to pump blood around the circulation adequately. This results in breathlessness and swelling.

Cardex slows down the heart rate and makes the heart more efficient at pumping blood around the body.

Cardex 5 mg and 10 mg tablets are also used to treat high blood pressure (Hypertension) and angina pectoris (Chest pain caused by blockages in the arteries that supply the heart muscle).

2. Before you take Cardex

Do not take Cardex

- If you are allergic (Hypersensitive) to Bisoprolol fumarate or any of the other ingredients of **Cardex** tablets.
- If you have severe asthma or severe chronic lung disease.
- If you have severe blood circulation problem in your limbs (such as Raynaud's syndrome), which may cause your fingers and toes to tingle or turn pale or blue.
- If you have untreated phaeochromocytoma, a rare tumour of the adrenal gland (medulla).
- If you have metabolic acidosis, a condition when there is too much acid in the blood.
- If you have heart failure that suddenly becomes worse and/or that may require hospital treatment.
- If you have slow heart rate.
- If you have very low blood pressure.
- If you have a slow or irregular heart rate (less than 60 beats per minute). Ask your doctor if you are unsure.

Take special care with Cardex

Tell your doctor before you start to take this medicine:

- If you have asthma or chronic lung disease.
- If you have diabetes. **Cardex** can hide the symptoms of low blood sugar.
- If you are fasting from solid food.
- If you are treated for hypersensitivity (allergic) reactions. **Cardex** may make your allergy worse or more difficult to treat.
- If you have any heart problems.
- If you have any liver or kidney problems.
- If you have any problems with the circulation in your limbs.
- If you are going to be given a general anaesthetic during an operation - tell your doctor that you are taking **Cardex**.
- If you are taking verapamil or diltiazem, medicines used to treat heart conditions. Concomitant use is not recommended.
- If you have (or have had) psoriasis (a recurring skin rash).
- If you have phaeochromocytoma (a rare tumour of the adrenal gland). Your doctor will need to treat this before prescribing **Cardex** for you.
- If you have a thyroid problem. The tablets can hide symptoms of an overactive thyroid.

Taking other medicines:

Tell your doctor if you are already taking or using any of the following as they may interact with your medicine:

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- Medicines for depression e.g. imipramine, amitriptyline, moclobemide.
- Medicines to treat mental illness e.g. phenothiazines such as levomepromazine.
- Medicines used for anaesthesia during an operation.
- Medicines used to treat epilepsy e.g. barbiturates such as phenobarbital.
- Certain pain killers (for instance acetyl salicylic acid, diclofenac, indomethacin, ibuprofen, naproxen).
- Medicines for asthma or medicines used for a blocked nose.
- Medicines used for certain eye disorders such as glaucoma (increased pressure in the eye) or used to widen the pupil of the eye.
- Certain medicines to treat clinical shock (e.g. adrenaline, dobutamine, noradrenaline).
- Mefloquine, a medicine for malaria.
- All these drugs as well as **Cardex** may influence the blood pressure and/or heart function.
- Rifampicin for the treatment of infections.
- Medicines to treat severe headaches or migraines (ergotamine derivatives).

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without prescription.

Pregnancy and breast-feeding:

There is a risk that **Cardex** can harm the baby if it is used during pregnancy. If you are pregnant or plan to become pregnant you should tell your doctor. He or she will determine whether you can take **Cardex** during pregnancy. It is not known whether bisoprolol fumarate passes in to breast milk. Therefore, breastfeeding is not recommended during treatment with **Cardex**.

Driving and using machine:

The ability to drive or operate machinery may be affected, depending on how well you tolerate the medicine. Be especially careful at the beginning of the treatment, when the dose is increased or when the medication is changed, and when combined with alcohol.

3. How to take Cardex

Always take **Cardex** exactly as your doctor has told you. You should check with your doctor or your pharmacist if you are not sure.

Treatment with **Cardex** requires regular medical check up. This is particularly important in the initiation of therapy and during dose increase. **Cardex** should be taken in the morning, with or without food. Swallow the tablet/s whole with some water and do not chew or crush them. Treatment with **Cardex** is usually prolonged.

Adults:

Chest pain and high blood pressure:

Your doctor will start the treatment with lowest possible dose (5 mg). Your doctor will monitor you closely at the start of treatment. Your doctor will increase your dose to obtain the best possible dosage for you. The maximum recommended dose is 20 mg once per day.

Patient with kidney disease:

Patient with severe kidney disease should not exceed 10 mg of bisoprolol once daily. Please consult your doctor before starting to use this medicine.

Patient with liver disease:

Patient with severe liver disease should not exceed 10 mg of bisoprolol once daily. Please consult your doctor before starting to use this medicine.

Heart failure:

Before you start using **Cardex**, you should already be taking other medicines for heart failure including any ACE inhibitor, a diuretic and (as an added option) a cardiac glycoside.

Treatment with **Cardex** must be started at a low dose and increased gradually.

Your doctor will decide how to increase the dose, and this will normally be done in the following way:

- 1.25 mg bisoprolol fumarate once daily for a week.
- 2.5 mg bisoprolol fumarate once daily for a week.
- 3.75 mg bisoprolol fumarate once daily for a week.
- 5 mg bisoprolol fumarate once daily for four weeks.
- 7.5 mg bisoprolol fumarate once daily for four weeks.
- 10 mg bisoprolol fumarate once daily for maintenance (on-going) therapy.

The maximum recommended daily dose of bisoprolol fumarate is 10 mg. Depending on how well you tolerate the medicine, the doctor may also extend the time between dose increases. If your condition gets worse or if you no longer tolerate the drug, it may be necessary to lower the dose again or to stop treatment. For some patients a maintenance dose lower than 10 mg bisoprolol fumarate may be sufficient. Your doctor will tell you what to do. If you have to stop the treatment entirely, your doctor will usually advise you to reduce the dose gradually, as otherwise your condition may become worse.

Children:

Cardex is not recommended for use in children.

Elderly patient:

In general adjustment of the dose is not needed. It is recommended to start with lowest possible dose.

If you notice that the **Cardex** dose is too strong or does not work well enough, please consult your doctor or pharmacist.

If you take more Cardex than you should

If you take too much medicine, or if a child has swallowed the medicine by mistake ask your doctor or hospital for assessing risk and advice. Take this leaflet and any tablets you still have with you. You may feel slow heartbeat, severe breathing difficulties, dizziness or tremor (due to decreased blood sugar).

If you forget to take Cardex

If you forget to take a dose, take it as soon as you remember it unless it is nearly time for your next dose. Do not take a double dose to make up for a forgotten dose.

If you stop taking Cardex

Do not stop treatment suddenly or change the recommended dose without talking to your doctor first. If you need to stop treatment, it must be done gradually to avoid side effects.

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

4. Possible side effects

Like all medicines, **Cardex** can cause side effects, although not everybody gets them.

The following side effects are important and will require immediate action if you experience them. You should stop taking **Cardex** and see your doctor immediately if the following symptoms occur:

Common side effects (affecting fewer than 1 in 10 people):

- Worsening of heart failure causing increased breathlessness and/or retention of fluid.

Frequency not stated:

- Worsening of symptoms of blockage of the main blood vessels to the legs, especially at the start of treatment.

The following side effects have also been reported:

Very common side effects (affecting more than 1 in 10 people):

- Slow heart beat.

Common side effects (affecting fewer than 1 in 10 people):

- Cold hands and/orfeet.
- Numbness of hands and/orfeet.
- Low blood pressure.
- Feeling sick, vomiting, diarrhoea, constipation.
- Tiredness*.
- Feeling weak.
- Dizziness*.
- Headache*.

Uncommon side effects (affecting fewer than 1 in 100 people):

- Worsening of irregular heart beat.
- Sleep disorders.
- Depression.
- Breathing problems in patients with asthma or chronic lung disease.
- Muscle weakness, muscle cramps.

Rare side effects (affecting fewer than 1 in 1,000 people):

- Changes in blood test results.
- Reduced tear flow (can be a problem if you wear contact lenses).
- Hearing disorders.
- Blocked, runny nose.
- Inflammation of the liver (hepatitis) causing abdominal pain, loss of appetite and sometimes jaundice with yellowing of the whites of the eyes and skin and dark urine.
- Hypersensitivity reactions such as itching, redness and skin rash.
- Reduced sexual performance.
- Nightmares.
- Hallucinations (imagining things).
- Fainting.

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- Inflammation of the eye (conjunctivitis).
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If any of the side effects get serious or if any side effect is noticed which is not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Cardex

Keep out of reach of children.

Store below 30°C.

Do not use beyond the expiry date or if the product shows any sign of deterioration.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away the medicines you no longer use. These measures will help to protect the environment.

6. Further information

What Cardex contains:

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Cardex 5 mg: Each film coated tablet contains: Bisoprolol Fumarate 5 mg.

Cardex 10 mg: Each film coated tablet contains: Bisoprolol Fumarate 10 mg.

Excipients: Cellulose microcrystalline, starch, colloidal silicone dioxide, talc, magnesium stearate, HPMC, PEG, titanium dioxide, ferric oxide yellow, and simethicone.

Presentations:

Packs of 30 Film Coated Tablets.

Hospital packs are available.

To report any side effect(s):

• **Saudi Arabia:**

National Pharmacovigilance and Drug Safety Center (NPC)

Fax: +966-11-205-7662

Call NPC at +966-11-2038222

Exts: 2317-2356-2353-2354-2334-2340

Toll free phone: 8002490000

E-mail: npc.drug@sfd.a.gov.sa

Website: www.sfd.a.gov.sa/npc

• **Other GCC States:**

Please contact the relevant competent authority.

Manufactured by:

Tabuk Pharmaceutical Manufacturing Company

Madina Road, P.O. Box 3633, Tabuk, Saudi Arabia.

Marketing Authorisation Holder:

Acino Pharma AG, Birsweg 2, 4253 Liesberg, Switzerland.

Revision date: June 2014.

THIS IS A MEDICAMENT

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
 - Strictly follow the doctor's prescription, the method of use and the instructions of the pharmacist who sold 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 for you.
 - Do not repeat the same prescription without consulting your doctor.
- Keep medicament out of reach of children.**

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