Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Key points you may need to read if it is new.
• 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 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. See Section 4.
• The full name of this medicine is Olmesartan 10mg, 20mg and 40mg Film-coated Tablets but within the leaflet it will be referred to as Olmesartan Tablets.

What is in this leaflet
1 What Olmesartan Tablets are and what they are used for
2 What you need to know before you take Olmesartan Tablets
3 How to take Olmesartan Tablets
4 Possible side effects
5 How to store Olmesartan Tablets
6 Contents of the pack and other information

What Olmesartan Tablets are and what they are used for
Olmesartan Tablets belong to a group of medicines called angiotensin II receptor antagonists. They lower blood pressure by relaxing the blood vessels. Olmesartan Tablets are used for the treatment of high blood pressure (also known as hypertension) in adults and in children and adolescents aged to less than 18 years. High blood pressure can damage blood vessels in organs such as the heart, kidneys, brain and eyes. In some cases this may lead to a heart attack or kidney failure. Usually high blood pressure has no symptoms. It is important to have your blood pressure checked to prevent damage occurring.

High blood pressure can be controlled with medicines, such as Olmesartan Tablets. Your doctor has probably also recommended that you make some changes to your lifestyle to help you control your blood pressure (example: losing weight, giving up smoking, reducing the amount of alcohol you drink and reducing the amount of salt in your diet). Your doctor may also have urged you to take regular exercise, such as walking or swimming. It is important to follow this advice from your doctor.

What you need to know before you take Olmesartan Tablets
Do not take Olmesartan Tablets:
• If you are allergic to olmesartan medoxomil or any of the other ingredients of this medicine (listed in section 6).
• If you are more than 3 months pregnant. (It is also better to avoid Olmesartan Tablets in early pregnancy - see pregnancy section).
• If you suffer from yellowing of the skin and eyes (jaundice) or problems with drainage of the bile from the gallbladder (biliary obstruction e.g. gallstones).
• If you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

Warning and precautions
Talk to your doctor before taking Olmesartan Tablets.
Tell your doctor if you are taking any of the following medicines used to treat high blood pressure:
• an ACE inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
• aliskiren

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.
See also information under the heading “Do not take Olmesartan Tablets“.

Tell your doctor if you have any of the following health problems:
• Kidney problems
• Liver disease
• Heart failure or problems with your heart valves or heart muscle
• Severe vomiting, diarrhoea, treatment with high doses of sodium tablets (diuretics) or if you are on a low salt diet
• Increased levels of potassium in your blood
• Problems with your adrenal glands

Contact your doctor if you experience diarrhoea that is severe, persistent and causes substantial weight loss. Your doctor may evaluate your symptoms and decide on how to continue your blood pressure medication.

As with any medicine which reduces blood pressure, an excessive drop in blood pressure in patients with blood flow disturbances of the heart or brain could lead to a heart attack or stroke. Your doctor will therefore check your blood pressure carefully.

You must tell your doctor if you think you are (or might become) pregnant. Olmesartan Tablets are not recommended for women who are less than 3 months pregnant, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby. If used at that stage (see Pregnancy section).

Children and adolescents
Olmesartan Tablets have been studied in children and adolescents. For more information on Olmesartan Tablets Olmesartan Tablets are not recommended for children from 1 year less than 6 years and should not be used in children under the age of 1 year as no experience is available.

Other medicines and Olmesartan Tablets
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. In particular, tell your doctor or pharmacist about any of the following:

• Other blood pressure lowering medicines, as the effect of Olmesartan Tablets can be increased. Your doctor may need to change your dose of and/or take other precautions.
  If you are taking an ACE inhibitor or aliskiren (see also information under the heading “Do not take Olmesartan Tablets“ and “Warnings and precautions“)
  Sodium, potassium, calcium tablets which contain calcium, potassium tablets (diuretics) or heparin (thinning the blood). Using these medicines at the same time as Olmesartan Tablets may raise the levels of potassium in your blood

• Lithium a medicine used to treat mood swings and some types of depression) used at the same time as Olmesartan Tablets may increase the risk of kidney failure and the effect of Olmesartan Tablets can be decreased by NSAIDs.
  Colesevelam hydrochloride, a drug that lowers the level of cholesterol in your blood, as the effect of Olmesartan may be decreased. Your doctor may advise you to take Olmesartan at least 4 hours before colesevelam hydrochloride
  Certain antacids (indigestion remedies), as the effect of Olmesartan Tablets can be slightly decreased.

Older people
If you are over 65 years of age and your doctor decides to increase your dose of olmesartan medoxomil to 40mg daily, then you need to have your blood pressure regularly checked by your doctor to make sure that your blood pressure does not become too low.

Black patients
As with other similar drugs the blood pressure lowering effect of Olmesartan Tablets is somewhat less in black patients.

Olmesartan Tablets with food and drink
Olmesartan Tablets can be taken with or without food.

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 Olmesartan Tablets before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Olmesartan Tablets. Olmesartan Tablets are not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby.

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Item no: BBA5919
Originator: IM
Origin Date: 15/08/2019
Technical Date sent: 16/08/2019
Approval Date received: 19/08/2019

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Olmesartan 10mg, 20mg and 40mg 28 Tablets PIL - UK
Breastfeeding
If you are breast feeding or about to start breast feeding, Olmesartan Tablets are not recommended for mothers who are breast feeding, and your doctor may choose another treatment for you if you wish to breast feed, especially if your baby is newborn, or was born prematurely.

If you are pregnant or breast feeding, think you may be pregnant or are planning to have a baby: ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines
You may feel sleepy or dizzy while being treated for your high blood pressure. If this happens, do not drive or use machines until the symptoms wore off. Ask your doctor for advice.

Olmesartan Tablets contain lactose
This medicine contains lactose (a type of sugar). If you have been told that you have an intolerance to certain sugars, contact your doctor before taking this medicinal product.

How to take Olmesartan Tablets
Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.
The recommended starting dose is one 10mg tablet once a day. However, if your blood pressure is not controlled, your doctor may decide to change your dose up to 20 or 40mg once a day, or prescribe additional medicines.

In patients with mild to moderate kidney disease, your dose will not be higher than 20mg once a day.
The tablets can be taken with or without food. Swallow the tablet with sufficient amount of water (e.g. one glass). If possible, take your daily dose at the same time each day, for example at breakfast time. The tablet should be swallowed whole and not chewed.

Use in children and adolescents from 6 to less than 18 years of age
The recommended starting dose is 10mg once daily. If the patient's blood pressure is not adequately controlled, the dose may be increased to twice daily (up to 20mg once a day) in children who weigh less than 35kg, the dose will not be higher than 20mg once a day.

If you take more Olmesartan Tablets than you should
If you take more tablets than you should or if a child accidentally swallows some, go to your doctor or nearest emergency department immediately and take your medicine pack with you.

If you forget to take Olmesartan Tablets
If you forget a dose, take your normal dose on the following day as usual. Do not take a double dose to make up for a forgotten tablet.

If you stop taking Olmesartan Tablets
It is important to continue to take Olmesartan Tablets unless your doctor tells you to stop.

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

Possible side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.

If they do occur, they are often mild and do not require treatment to be stopped.

Although not many people may get them, the following two side effects can be serious:

On rare occasions (may affect up to 1 in 1000 people) the following allergic reactions, that may affect the whole body have been reported:

Swelling of the face, mouth and/or larynx (voice box) together with itching and rash may occur during treatment with Olmesartan Tablets. If this happens stop taking Olmesartan Tablets and contact your doctor immediately.

Rarely (but slightly more often in older people) Olmesartan Tablets can cause the blood pressure to fall too low in susceptible individuals or as the result of an allergic reaction. This could cause severe light-headedness or fainting. If this occurs stop taking Olmesartan Tablets, contact your doctor immediately and lie down flat.

These are the other side effects known about so far with Olmesartan Tablets:

Common side effects (may affect up to 1 in 10 people):

Dizziness, headache, fatigue, abnormal dream, indigestion, diarrhoea, stomach ache, nausea, vomiting, diarrhea, somnolence, tiredness, nervous tension, rashes, stuffy or runny nose, blocked sinuses, sneezing, flu-like symptoms, cough, pain in the chest, back, bones or joints, infection of the urinary tract, swelling of ankles, feet, legs or a swollen lymph node in the urine.

Some changes in blood test results have also been seen and include the following:

Increase in levels of high-density lipoprotein (HDL cholesterol), decrease in levels of low-density lipoprotein (LDL cholesterol), decrease in levels of triglycerides, increase in levels of creatinine, increase in levels of liver and muscle function.

Uncommon side effects (may affect up to 1 in 100 people):

Quick allergic reactions that may affect the whole body and may cause breathing problems as well as a rapid fall of blood pressure that may even lead to fainting (anaphylactic reactions), swelling of the face, tongue, vomiting, weakness, feeling unwell, muscular pain, skin rash, allergic skin rash, itching, urticaria (skin eruption), skin, gum (wheals), angina (pain or uncomfortable feeling in the chest). In blood tests a reduction of the numbers of a type of blood cell, known as platelets has been seen (thrombocytopenia).

Rare side effects (may affect up to 1 in 1000 people):

Lack of energy, muscle cramps, impaired kidney function, kidney failure. Some changes in blood test results have also been seen. These include increased potassium levels (hyperkalaemia) and increased levels of compounds related to kidney function.

Additional side effects in children and adolescents:

In children, side effects are similar to those in adults. However, dizziness and headache are seen more often in children, and nose bleeding is a common side effect seen in children only.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard.

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

How to store Olmesartan Tablets
Keep this medicine out of the sight and reach of children.

This medicine does not require any special storage conditions. Do not use this medicine after the expiry date which is stated on the carton or blister after EXP. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste.

Ask your pharmacist or doctor advice before taking this medicine.

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88/86 Bishops Road, Bishops Stortford, ESSEX CM23 3BY
www.actavis.co.uk

Marketing Authorisation Holder
Actavis Ltd
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Supplier
Actavis Malta Zejtun
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