

# Tryzan Caps

contains the active ingredient ramipril

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

This leaflet answers some common questions about Tryzan Caps.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking Tryzan Caps against the benefits expected for you.

**If you have any concerns about taking this medicine, talk to your doctor or pharmacist.**

**Keep this leaflet with your medicine.**

You may need to read it again.

### What Tryzan Caps is used for

Tryzan Caps is used to treat:

- high blood pressure (hypertension)
- heart failure

Tryzan Caps is also used to help:

- reduce the risk of having a heart attack, stroke, or death due to heart disease, in some people
- slow down the progression of kidney disease

**Ask your doctor if you have any questions about why Tryzan Caps has been prescribed for you.**

Your doctor may have prescribed Tryzan Caps for another purpose.

### How Tryzan Caps works

Tryzan Caps belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

ACE inhibitors lower blood pressure by widening blood vessels, making it easier for the heart to pump blood around the body.

Widening of the blood vessels also increases the supply of blood and oxygen to the heart. By increasing the supply of oxygen to your heart, your heart does not have to work as hard.

If you have heart failure, this helps by allowing your heart to cope better when you place extra demands on it, such as during exercise, so you may not get short of breath as easily.

By keeping your blood vessels and heart muscle healthy, Tryzan Caps also reduces the risk of having a heart attack, stroke, or death due to heart disease if you are older than 55 years of age and you have, or have had the following:

- heart or blood vessel problems, or stroke
- diabetes and one other risk factor, such as high blood pressure, high levels of cholesterol in your blood, certain types of kidney problems, or a history of blood vessel problems

If you have kidney problems, Tryzan Caps slows down worsening of the illness by lowering the blood pressure and by helping to keep kidney cells healthy.

**Tryzan Caps is not recommended for use in children.**

Safety and effectiveness in children have not been established.

This medicine is available only with a doctor's prescription.

This medicine is not addictive.

### Before you take Tryzan Caps

#### **When you must not take it**

**Do not take Tryzan Caps if you have had an allergic reaction to:**

- medicines containing ramipril
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include skin rash, itching or hives, swelling of the face, lips, mouth, throat or other parts of the body, shortness of breath, wheezing or troubled breathing.

**Do not take Tryzan Caps if you have ever taken any other ACE inhibitor medicine, which caused your face, lips, tongue, throat, hands or feet to swell up, or made it hard for you to breathe.**

If you have had an allergic reaction to an ACE inhibitor before, you could be allergic to Tryzan Caps.

**Do not take Tryzan Caps if you or your family have a history of swelling of the face, lips, tongue, throat, intestines, hands or feet, for no apparent reason.**

**Do not take Tryzan Caps if you have or have had any of the following medical conditions:**

- kidney problems or a condition called 'renal artery stenosis'
- problems or conditions affecting the flow of blood in and out of

your heart (e.g. aortic or valvular stenosis)

- low blood pressure.

**Do not take this medicine if you undergo dialysis using certain high-flux membranes.**

**Do not take this medicine if you are pregnant or plan to become pregnant.**

It may affect your developing baby if you take it during pregnancy.

**Tell your doctor if you are breastfeeding or wish to breastfeed.**

Tryzan Caps may pass into breast milk and affect your baby.

**Check with your doctor or pharmacist if you are not sure about any of the above.**

**Do not take Tryzan Caps after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**Before you start to take it**

**Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.**

**Tell your doctor if you have a family history of swelling of the face, lips, tongue, throat, intestines, hands or feet.**

**Tell your doctor if you are having dialysis or plan to have surgery.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- kidney problems (note that your doctor may give you Tryzan Caps because of your kidney problems)
- heart problems, (note that your doctor may give you Tryzan Caps because of your heart problems)
- low blood pressure, which you may notice as dizziness or light-headedness
- low white blood cell counts
- liver problems

- recent bouts of diarrhoea or vomiting
- certain types of autoimmune disorders, including Systemic Lupus Erythematosus (SLE), rheumatoid arthritis and scleroderma
- diabetes.

**If you have not told your doctor about any of the above, tell him/her before you start taking Tryzan Caps.**

**Taking other medicines**

**Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.**

Some medicines may be affected by Tryzan Caps or may affect how well it works. These include:

- other medicines used to treat high blood pressure, or other heart and kidney disorders
- general anaesthetics
- fluid tablets (diuretics), such as indapamide (e.g. Natrilix, Dapatabs), frusemide (e.g. Lasix, Uremide), amiloride (Kaluril, Midamor, and found in Moduretic and Amizide), triamterene (found in Hydrene) and spironolactone (Aldactone, Spiractin)
- potassium supplements (e.g. Slow-K) or potassium-containing salt substitutes
- lithium (Lithicarb), a medicine used to treat mood swings and some types of depression
- non-steroidal anti-inflammatory medicines (NSAIDs), medicines used to relieve pain, swelling and other symptoms of inflammation, such as indomethacin (Indocid, Arthrexin), naproxen (e.g. Naprosyn, Inza) and diclofenac (e.g. Voltaren, Fenac)
- medicines used to treat diabetes
- heparin
- medicines which may affect blood cells, such as allopurinol,

procainamide, corticosteroids, immunosuppressants or medicines used to treat cancer

- anticholinergics, found in some medicines used to relieve or treat stomach cramps, travel sickness, hayfever and allergies, cough and colds and depression.

Your doctor can tell you what to do if you are taking any of these medicines.

**If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.**

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking Tryzan Caps.

---

## How to take Tryzan Caps

---

**Follow all directions given to you by your doctor and pharmacist carefully.**

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist.

**How much to take**

The dose varies from person to person.

Your doctor will tell you how much Tryzan Caps you need to take each day.

**Ask your doctor or pharmacist for help if you do not understand the instructions on the label.**

Tryzan Caps is usually started at a low dose and then increased slowly.

For the treatment of high blood pressure or heart failure, and for helping reduce the risk of having a heart attack, stroke, or death due to heart disease, the maximum dose is usually 10 mg, taken in single or divided doses.

When Tryzan Caps is taken to slow down the progression of kidney disease, the maximum dose is usually 5 mg per day.

However, your doctor may ask you to take a different dose, depending on your condition and the way you respond to Tryzan Caps.

### ***How to take it***

**Swallow the capsules whole with a glass of water, before, during or after meals.**

**Take your medicine at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

### ***If you forget to take it***

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Otherwise, take it as soon as you remember, and then go back to taking your capsules as you would normally.**

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

This may increase the chance of you getting an unwanted side effect.

**If you miss more than one dose, or are not sure what to do, ask your doctor or pharmacist.**

### ***How long to take it for***

**Keep taking Tryzan Caps for as long as your doctor recommends.**

Tryzan Caps helps control your condition, but does not cure it. Therefore Tryzan Caps must be taken every day for as long as your doctor recommends.

### ***If you take too much (overdose)***

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think**

**you or anyone else may have taken too much Tryzan Caps. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much Tryzan Caps, you may feel very dizzy, light-headed, weak or faint.

---

## **While you are taking Tryzan Caps**

---

### ***Things you must do***

**Tell all the doctors, dentists and pharmacists who are treating you that you are taking Tryzan Caps.**

**Before starting any new medicine, tell your doctor or pharmacist that you are taking this medicine.**

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If you plan to have surgery, including dental surgery, which requires an anaesthetic, tell your doctor or dentist that you are taking this medicine.**

Your doctor or dentist may advise you to temporarily stop taking Tryzan Caps before surgery to avoid a sudden drop in your blood pressure during the procedure.

**If you have to have any blood or urine tests, tell your doctor that you are taking Tryzan Caps.**

It may interfere with the results of some tests.

**If you develop swelling of the face, lips, tongue, throat, hands or feet, and/or severe, painful or repeated abdominal cramps with vomiting while taking Tryzan Caps, or up to several weeks after stopping Tryzan Caps, tell your doctor immediately.**

This may mean that you are suffering from an allergy to Tryzan Caps. You may need urgent medical attention.

**During hot weather, or if you exercise or sweat a lot, make sure you drink enough water.**

If you do not drink enough water while taking Tryzan Caps, you may feel faint, lightheaded or sick. This is because your body does not have enough fluid and your blood pressure is low. If you continue to feel unwell, tell your doctor.

**If you have severe vomiting or diarrhoea while taking Tryzan Caps, tell your doctor.**

This may cause you to lose too much water and salt, and your blood pressure may become too low.

**Keep all of your appointments with your doctor.**

Your doctor may want to take additional tests to monitor your progress and your response to Tryzan Caps.

### ***Things you must not do***

**Do not stop taking Tryzan Caps, or lower the dose, unless advised to by your doctor.**

**Do not use Tryzan Caps to treat any other conditions unless advised to by your doctor.**

**Do not give Tryzan Caps to anyone else, even if they have the same condition as you.**

### ***Things to be careful of***

**Be careful getting up from a sitting or lying position.**

Dizziness, lightheadedness or fainting may occur, especially if you get up too quickly. This is more likely to occur when you start taking Tryzan Caps, or if the dose is increased. Getting up slowly may help.

**If these symptoms continue or become worse, tell your doctor.**

**Be careful driving or operating machinery until you know how Tryzan Caps affects you.**

Tryzan Caps may cause dizziness or lightheadedness in some people. If this occurs, do not drive, operate

machinery or do anything else that could be dangerous.

---

## Side effects

---

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Tryzan Caps.**

This medicine helps most people, but it may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor if you notice any of the following and they worry you:**

- nausea (feeling sick) or vomiting
- diarrhoea
- stomach pain
- dizziness, lightheadedness
- unusual tiredness or weakness, fatigue
- feeling anxious
- headache
- dry, persistent cough
- changes in taste
- ringing of buzzing in the ears
- forgetfulness or confusion.

**Tell your doctor as soon as possible if you notice any of the following:**

- disturbed vision
- signs of anaemia such as tiredness, being short of breath and looking pale
- signs of frequent infections such as fever, chills, sore throat or mouth ulcers
- bleeding or bruising more easily than normal

- skin rash, with or without fever and joint pain
- yellowing of the skin and/or eyes (jaundice)
- passing little or no urine, or more urine than usual
- signs of a high potassium level, such as:
  - confusion, nervousness
  - numbness or tingling in the hands, feet or lips
  - weakness or heaviness in the legs.

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- fainting within a few hours of taking a dose
- swelling of the face, lips, tongue or throat which may cause difficulty in swallowing or breathing
- swelling of the hands or feet
- painful or repeated stomach cramps with or without vomiting
- fast or irregular heart beat
- shortness of breath or tightness in the chest
- pink or red itchy spots on the skin which may blister and progress to form raised, red, pale-centred marks
- blisters or bleeding in the lips, eyes, mouth, nose and genitals.

**Tell your doctor if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

---

## After taking Tryzan Caps

---

### Storage

**Keep Tryzan Caps where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Keep your capsules in the pack until it is time to take them.**

If you take the capsules out of the pack they will not keep well.

**Keep Tryzan Caps in a cool dry place where the temperature stays below 25°C.**

**Do not store Tryzan Caps or any other medicine in the bathroom or near a sink. Do not leave it in the car or on a window sill.**

Heat and dampness can destroy some medicines.

### Disposal

**If your doctor tells you to stop taking Tryzan Caps, or your medicine has passed its expiry date, ask your pharmacist what to do with any capsules that are left over.**

---

## Product description

---

### What it looks like

Tryzan Caps comes in four strengths of capsules:

- Tryzan Caps 1.25 - white and yellow capsule; the body has 'G' and the cap has 'RM 1.25' printed in black ink
- Tryzan Caps 2.5 - white and orange capsule; the body has 'G' and the cap has 'RM 2.5' printed in black ink
- Tryzan Caps 5 - white and swedish orange capsule; the body has 'G' and the cap has 'RM 5' printed in black ink
- Tryzan Caps 10 - white and blue capsule; the body has 'G' and the cap has 'RM 10' printed in black ink.

Each pack contains 30 capsules.

## **Ingredients**

The active ingredient in Tryzan Caps is ramipril

- each Tryzan Caps 1.25 capsule contains 1.25 mg of ramipril
- each Tryzan Caps 2.5 capsule contains 2.5 mg of ramipril
- each Tryzan Caps 5 capsule contains 5 mg of ramipril
- each Tryzan Caps 10 capsule contains 10 mg of ramipril

Tryzan Caps is also made up of:

- pregelatinised maize starch
- gelatin
- titanium dioxide
- FDA/E172 yellow iron oxide (Tryzan Caps 1.25 and Tryzan Caps 2.5)
- EEC Erythrosine E127 (Tryzan Caps 2.5, Tryzan Caps 5 and Tryzan Caps 10)
- indigo carmine (Tryzan Caps 5 and Tryzan Caps 10)
- FDA/E172 Black Iron Oxide (Tryzan Caps 10)
- TekPrint SW-9008 Black Ink (AUST R 2328)
- TekPrint SW-9009 Black Ink (AUST R 2343)

The capsules are gluten free.

## **Supplier**

Tryzan Caps is supplied by:

**Alphapharm Pty Limited**

(ABN 002 359 739)

Level 1 30 The Bond

30-34 Hickson Road

Millers Point NSW 2000

Phone: (02) 9298 3999

Medical Information

Phone: 1800 028 365

[www.alphapharm.com.au](http://www.alphapharm.com.au)

Australian registration numbers:

Tryzan Caps 1.25: AUST R 127085

Tryzan Caps 2.5: AUST R 127088

Tryzan Caps 5: AUST R 127152

Tryzan Caps 10: AUST R 127153

This leaflet was prepared on

29 March 2011