



## **Patient package insert according to Pharmacists' Regulations (Preparations) – 1986**

This medicine can be sold with a physician's prescription only

### **Disothiazide® 25, tablets**

Each tablet contains hydrochlorothiazide 25 mg.

Inactive ingredients and allergens in the medicine – see section 6 "Additional information" and in section 2 "Important information about some of the ingredients of the medicine".

**Read this entire leaflet carefully before using the medicine.** This leaflet contains concise information about the medicine. If you have any further questions, ask the doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if you think that their medical conditions is the same as yours.

#### **1. What is the medicine intended for?**

**Disothiazide** is a diuretic, used to treat high blood pressure and oedema.

**Therapeutic group:** Thiazide diuretic.

**Disothiazide** contains the active substance hydrochlorothiazide, which belongs to a group of medicines called diuretics. It reduces the salt and water content in the body by increasing the amount of urine.

#### **2. Before using the medicine**

**Do not use the medicine if:**

- You are hypersensitive (allergic) to the active ingredient (hydrochlorothiazide), other thiazides, sulfonamides or to any of the other ingredients this medicine contains (see section 6).
- You have severe kidney function impairment, you produce a very small amount of urine, or suffer from anuria.
- You have severe kidney disease (glomerulonephritis).
- You have severe liver function impairment such as liver failure with disturbances in consciousness (coma and hepatic precoma).
- You have low levels of potassium or sodium or high levels of calcium in the blood, which cannot be treated.
- You have decreased blood volume (hypovolemia).
- You suffer from gout/high levels of uric acid in the blood which cause symptoms.
- You are pregnant and take the medicine to treat high blood pressure.

If any of the above-mentioned conditions apply to you, do not take **Disothiazide**. If you think you are allergic, consult the doctor.

#### **Special warnings regarding the use of the medicine**

**Before the treatment with Disothiazide, tell the doctor if:**

- You suffer or have suffered in the past from kidney or liver diseases, diabetes (high level of sugar in the blood) or lupus erythematosus (inflammatory skin disease).
- You have been informed by your doctor that you have a low level of potassium in your blood (with or without symptoms of muscles weakness, muscle cramps and irregular heartbeat).
- You have been informed by your doctor that you have a low level of sodium in your blood (with or without symptoms of tiredness, disorientation, muscle twitching or cramps).

- You have been informed by your doctor that you have a high level of calcium in your blood (with or without symptoms of nausea, vomiting, constipation, stomach ache, increased frequency of urination, thirst, muscle weakness and muscle twitching).
  - You have been informed by your doctor that you have high levels of uric acid in your blood.
  - You experience a decrease in vision or eye pain. These could be symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or an increase in pressure in your eye and may occur within hours up to weeks after taking **Disothiazide**. If this condition is not treated, it may lead to permanent loss of vision. If you have had an allergy to penicillin or sulfonamide, you may be at a higher risk to develop these effects.
  - You suffer from allergies or asthma
  - You suffer from severely reduced blood pressure
  - You suffer from circulatory disorders in the brain
  - You suffer from circulatory disorders in the coronary vessels
  - You have had skin cancer or if you develop an unexpected skin lesion while using the medicine. Using hydrochlorothiazide may increase the risk of developing skin and lip cancer (non-melanoma skin cancer), particularly in long term use at high dosages. Protect the skin from sun exposure and UV rays while using **Disothiazide**.
  - You experienced breathing or lung problems (including inflammation or fluid in the lungs) following hydrochlorothiazide intake in the past. If you develop severe shortness of breath or any breathing difficulties after taking **Disothiazide**, seek medical attention immediately.
- If any of the above-mentioned conditions apply to you, consult the doctor before starting treatment with **Disothiazide**. If you experience one of these conditions, talk to a doctor immediately.

If the medicine cannot be discontinued before an operation, the anesthetist must be informed, as the effects of some of the medicines the anesthetist might use (curare-type muscle relaxants) may be increased or prolonged by **Disothiazide**.

### Effects on abuse

Use of **Disothiazide** may lead to positive results of drug tests.

### Children and adolescents

**Disothiazide** should be used in children 6 years of age and older due to potential swallowing difficulties and risk of choking in younger children.

For children under 6 years old, the doctor will consider an alternative treatment.

### Tests and follow-up

During long term use of the medicine, the doctor will refer you to periodical blood tests that will mainly test the levels of electrolytes in your blood (especially potassium, sodium, and calcium), level of creatinine, urea and uric acid, blood lipids (cholesterol and triglycerides) and blood sugar.

### Drug interactions

**If you are taking, have recently taken, or might take other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist.** The dosage may be adjusted or in some cases treatment with one of the medicines may be discontinued.

Tell the doctor or pharmacist especially if you are taking:

- Lithium, antidepressants and antipsychotics (to treat certain mental disorders)
- Medicines to treat epilepsy such as carbamazepine (to treat seizures)
- Medicines to treat pain or inflammation, especially NSAIDs (non-steroidal anti-inflammatory drugs) including selective COX-2 inhibitors
- Cortisone-like medicines, steroids, carbenoxolone (to treat ulcers and inflammation), antibiotics such as penicillin G, amphotericin B and antiarrhythmics (to treat heart diseases)

- Digoxin and other digitalis glycoside medicines (to treat heart problems)
- Insulin or other medicines to treat diabetes which are taken orally (to treat high blood sugar levels)
- Cholestyramine, colestipol or other resins (medicines used mainly to treat elevated blood lipid levels)
- Muscle relaxants (medicines used in surgeries)
- Allopurinol (to treat gout)
- Amantadine (to treat Parkinson's disease and to treat or prevent certain disorders caused by viruses)
- Certain medicines to treat cancer
- Anticholinergic substances (to treat certain diseases like gastrointestinal cramps, cramps of the urinary bladder, asthma, travel sickness, muscle cramps, Parkinson's disease and for use in anesthesia)
- Ciclosporin (a medicine used in transplantations and autoimmune diseases)
- Vitamin D and calcium salts
- Diazoxide (to treat high blood pressure or too low blood sugar levels)
- Other medicines to treat high blood pressure
- Barbiturates, sleep-inducing medicines, and alcohol
- Adrenergic amines such as noradrenaline (substances that increase blood pressure)
- Other diuretics
- Laxatives
- Medicines to decrease the level of uric acid

#### **Use of the medicine and food**

Take the medicine with breakfast, with a sufficient quantity of liquid. During treatment with the medicine, drink sufficient quantities of liquid. Due to the increased loss of potassium, you should consume foods that are rich in potassium (e.g.: bananas, vegetables, nuts).

#### **Use of the medicine and alcohol consumption**

Avoid alcohol consumption during treatment with the medicine.

#### **Pregnancy and breastfeeding**

If you are pregnant or breastfeeding, think you may be pregnant or planning to become pregnant, consult the doctor or pharmacist before using the medicine.

##### Pregnancy

Tell your doctor if you are pregnant or think you may be pregnant. The doctor will normally advise you to take a medicine other than **Disothiazide**, as **Disothiazide** is not recommended for use during pregnancy. The reason for this is that **Disothiazide** passes into the placenta and the use of the medicine after the third month of pregnancy may harm the fetus or the neonate.

##### Breastfeeding

Tell your doctor if you are breast-feeding or want to start breastfeeding. **Disothiazide** is not recommended for use in breastfeeding women.

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

Like many other medicine to treat high blood pressure, **Disothiazide** may cause dizziness in rare cases and thus interfere with your capacity to concentrate. Before driving, operating machines or carrying out other activities that require concentration, make sure you know how this medicine affects you.

As for children, they should be warned about riding a bicycle or playing near roads etc.

#### **Important information about some of the ingredients of the medicine**

This medicine contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

This medicine contains Orange lake (E-110) which may cause allergic reactions.  
This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say, essentially "sodium-free".

### **3. How to use the medicine?**

Always use the medicine according to the doctor's instructions. Check with the doctor or pharmacist if you are not sure about the dosage and the manner of treatment with the medicine.

The dosage and manner of treatment will be determined by the doctor only, and will depend mainly on your reaction to the treatment.

The usual recommended dose is:

High blood pressure: The usual starting dosage is 25 or 50 mg a day as a single or divided dose. In some patients the starting dosage may be lower. The maximum recommended daily dose is 50 mg.

Oedema: The usual dosage is 25 mg to 100 mg once or twice a day. The maximum recommended daily dosage is 200 mg.

Premenstrual tension with oedema: The recommended dosage is 25 mg to 50 mg once or twice a day from the first morning of symptoms until onset of the menses.

Children and adolescents (6-17 years):

High blood pressure: The dosage will be determined by the doctor according to the child's age and weight.

Use this medicine at designated times as determined by the treating physician.

**Do not exceed the recommended dose.**

#### **Duration of treatment**

The treatment with this medicine is not time limited and depends on the severity of your illness. After long-term use, stop use gradually.

Consult the doctor or pharmacist if you think that the effect of the medicine is too strong or too weak.

#### **Method of administration**

Take the medicine with breakfast, with a sufficient amount of liquids (preferably with a glass of water). The tablet can be divided. There is no information regarding crushing or chewing.

#### **If you have accidentally taken a higher dosage**

If you have taken an overdose, proceed immediately to a doctor. If a child has accidentally swallowed the medicine, proceed immediately to a doctor or a hospital emergency room.

Bring the package of the medicine with you.

An overdose of **Disothiazide** can cause these symptoms: thirst, feeling of weakness and dizziness, muscle pain and muscle cramps (for example cramps in the calves), headache, increased heart rate, low blood pressure, circulatory disturbances after changing from lying to upright position, seizures, drowsiness, lethargy, disorientation, circulatory collapse, muscle weakness, acute kidney failure, and arrhythmias.

#### **If you forgot to take the medicine**

If you forgot to take this medicine at the designated time, do not take a double dose to make up for a forgotten dose. Take the next dose at the regular time.

Continue with the treatment as recommended by the doctor.

Even if there is an improvement in your health, do not stop taking this medicine without consulting the doctor.

#### **If you stop taking the medicine**

If you suspend or stop taking **Disothiazide** prematurely, this may lead to fluid accumulation in the tissues or an increase in blood pressure.

**Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.**

**If you have further questions on the use of this medicine, consult the doctor or pharmacist.**

#### **4. Side effects**

Like any medicine, the use of **Disothiazide** may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

**Some of the side effects may be similar to the symptoms of your condition, other effects may not be side effects at all and occur independently of your treatment.**

**Some of the side effects may be serious and require immediate medical treatment:**

- Skin rash with or without breathing difficulties (possible symptom of a hypersensitivity reaction)
- Rash on the face, pain in the joints, muscle disorders, fever (possible symptoms of systemic lupus erythematosus)
- Skin rash, reddening of the skin, blistering of the lips, eyes or mouth, peeling of the skin, fever (possible symptoms of toxic epidermal necrolysis or erythema multiforme)
- Skin rash, purple spots, fever, itching (possible symptoms of vascular inflammation [necrotizing vasculitis])
- Unusual tiredness or feeling of weakness, muscle cramps or convulsions (possible symptoms of too low potassium blood levels)
- Unusual tiredness, disorientation, muscle twitching or convulsions (possible symptoms of too low sodium blood levels)
- Disorientation, tiredness, muscle twitching or convulsions, rapid breathing (possible symptoms of electrolyte loss [hypochloremic alkalosis])
- Gastrointestinal disturbances such as nausea, vomiting, constipation, stomachache, increased frequency of urination, thirst, muscle weakness and cramps (possible symptoms of too high calcium blood levels)
- Strong pain in the upper abdomen (possible symptom of pancreatitis)
- Severe or persistent vomiting or diarrhoea
- Irregular heartbeat (possible symptom of arrhythmia)
- Purple spots on the skin (possible symptom of a decrease in the number of platelets [thrombocytopenia] or of impaired blood clotting [purpura])
- Fever, sore throat, frequent infections (possible symptoms of a deficiency of granulocytes [agranulocytosis])
- Fever, sore throat, or ulcers in the mouth resulting from infections (possible symptoms of a decreased amount of white blood cells [leukopenia])
- Feeling of weakness, bruises and frequent infections (possible symptoms of a decreased amount of all blood cells [pancytopenia] or bone marrow suppression)
- Pale skin, tiredness, shortness of breath, dark urine (possible symptoms of anemia through increased breakdown of red blood cells [haemolytic anemia])
- Significantly reduced urination (possible symptom of a disorder or impairment in kidney function)
- Visual impairment or pain in the eyes due to high pressure (possible symptoms of a fluid accumulation in the vascular layer of the eye [choroidal effusion] or acute closed-angle glaucoma)

#### **Additional side effects**

**Very common side effects** (effects that occur in more than 1 in 10 users):

- Increased blood lipid levels (hyperlipidemia)

**Common side effects** (effects that occur in 1-10 out of 100 users):

- Low level of magnesium in the blood (hypomagnesemia)
- High level of uric acid in the blood (hyperuricemia)
- Itchy skin rash or other forms of skin rash (hives)
- Reduced appetite, mild nausea and vomiting
- Dizziness, fainting when getting up (orthostatic hypotension)
- Inability to develop or maintain an erection (erectile dysfunction)

**Rare side effects** (effects that occur in 1-10 out of 10,000 users):

- High level of sugar in the blood (hyperglycaemia) or abnormal presence of glucose in the urine (glycosuria)
- Increased sensitivity of the skin to light (photosensitivity)
- Disorders of the digestive system, constipation or diarrhoea
- Yellowing of the skin and the eyes (bile stasis or jaundice)
- Headache
- Dizziness
- Sleeping disorders
- Depression
- "Pins and needles" or numbness (paraesthesia)
- Visual impairment

**Very rare side effects** (effects that occur in less than 1 in 10,000 users):

- Acute respiratory distress (symptoms include severe shortness of breath, fever, weakness and confusion)

**Side effects with unknown frequency** (effects for which a frequency has not yet been determined):

- Skin and lip cancer (non-melanoma skin cancer)
- Muscle cramps
- Fever
- Weakness

**If a side effect occurs, if one of the side effects worsens or if you suffer from a side effect which is not mentioned in this leaflet, consult the doctor.**

Side effects can be reported to the Ministry of Health by clicking the link "דיווח על תופעות לוואי עקב טיפול תרופתי" found on the homepage of the Ministry of Health website ([www.health.gov.il](http://www.health.gov.il)) directing to the online form for reporting side effects or via the link: <https://sideeffects.health.gov.il>

## **5. How to store the medicine?**

- Avoid poisoning! This medicine and any other medicine must be stored in a closed place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (תאריך תפוגה) stated on the package. The expiry date refers to the last day of that month.
- **Storage conditions:** do not store above 25°C.
- Do not throw away any medicines via wastewater or household waste. Ask the pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Additional information**

### **In addition to the active ingredient, the medicine also contains:**

Lactose monohydrate, maize starch, microcrystalline cellulose, magnesium stearate, carmellose sodium, silica colloidal anhydrous, orange lake (E-110).

### **What the medicine looks like and what the package contains:**

Light orange, convex tablets scored on one side.

Approved package sizes: 10, 25, 28, 30, 50, 500, 1000 tablets. Not all package sizes may be marketed.

Revised in March 2025 according to MOH guidelines.

### **Drug registration number at the national drug registry of the Ministry of Health:**

032-85-21827-00

**Manufacturer and registration holder:** Dexcel Ltd., 1 Dexcel St., Or Akiva 3060000, Israel