

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986**  
The medicine is dispensed with a doctor's prescription only

## Co-Diovan 80/12.5 mg Film-Coated Tablets

Each tablet contains:  
Valsartan 80 mg  
Hydrochlorothiazide 12.5 mg

## Co-Diovan 160/12.5 mg Film-Coated Tablets

Each tablet contains:  
Valsartan 160 mg  
Hydrochlorothiazide 12.5 mg

## Co-Diovan 160/25 mg Film-Coated Tablets

Each tablet contains:  
Valsartan 160 mg  
Hydrochlorothiazide 25 mg

**Inactive Ingredients:** See section 6 "Further Information".

**Read the leaflet carefully in its entirety before using the medicine.** This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.

This medicine has been prescribed for the treatment of your ailment. Do not pass it on to others. It may harm them, even if it seems to you that their ailment is similar.

### 1. WHAT IS THE MEDICINE INTENDED FOR?

For the treatment of hypertension in patients who need combined treatment with two active ingredients.

#### **Therapeutic group:**

A combination of angiotensin II receptor antagonist with a thiazide diuretic.

Co-Diovan contains two active ingredients, called Valsartan and Hydrochlorothiazide. These two ingredients help to control high blood pressure (hypertension).

- **Valsartan** belongs to a class of medicines known as "angiotensin II receptor antagonists" (acting to block the receptor), which help to control high blood pressure. Angiotensin II is a substance in the body that causes blood vessels to contract, thus causing the blood pressure to increase. Valsartan blocks the effect of angiotensin II. As a result, blood vessels relax and blood pressure is lowered.
- **Hydrochlorothiazide** belongs to a class of medicines called thiazide diuretics. Hydrochlorothiazide increases urine output, which helps to lower blood pressure.

Co-Diovan is used to treat high blood pressure which is not adequately controlled by a single ingredient alone.

Hypertension increases the workload of the heart and arteries. If not treated, it can damage the blood vessels of the brain, heart and kidneys, and may result in a stroke, heart failure or kidney failure. Hypertension increases the risk of heart attacks. Lowering blood pressure to a normal level reduces the risk of developing these disorders.

### 2. BEFORE USING THE MEDICINE

#### **Do not use the medicine if:**

- You are sensitive (allergic) to valsartan, hydrochlorothiazide, sulphonamide derivatives (substances chemically related to hydrochlorothiazide) or any of the additional ingredients contained in the medicine, which are detailed in section 6
- You are more than 3 months pregnant (it is also better to avoid Co-Diovan in early pregnancy - see "Pregnancy, breastfeeding and fertility" section)
- You suffer from destruction of the small bile ducts within the liver (biliary cirrhosis) leading to the build up of bile in the liver (cholestasis)
- You are unable to produce urine (anuria)
- The levels of potassium or sodium in your blood are lower than normal levels, or if the level of calcium in your blood is higher than normal despite treatment
- You have gout
- You have diabetes or are suffering from impaired kidney function (GFR < 30ml/min/1.73m<sup>2</sup>), and treated with a blood pressure-lowering medicine containing alicikiren

**If any of the above conditions apply to you, inform your doctor without taking Co-Diovan.**

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

##### **Before treatment with Co-Diovan, tell the doctor if:**

- You are taking potassium-sparing medicines, potassium supplements, salt substitutes containing potassium or other medicines that increase the levels of potassium in your blood such as heparin. Your doctor may check the levels of potassium in your blood regularly.
- You have low levels of potassium in your blood.
- You have diarrhea or severe vomiting.
- You are taking high doses of diuretics.
- You suffer from severe heart disease.
- You suffer from heart failure or have experienced a heart attack. Follow your doctor's instruction for the starting dose carefully. Your doctor may also check your kidney function.
- You suffer from a narrowing of the kidney artery.
- You have recently undergone a kidney transplant.
- You suffer from a disease called hyperaldosteronism. This is a disease in which your adrenal glands make too much of the hormone aldosterone. If this applies to you, the use of Co-Diovan is not recommended.
- You suffer from liver or kidney disease.
- You have suffered in the past from swelling of the tongue and face caused by an allergic reaction called angioedema, when taking other medicines (including ACE inhibitors), tell your doctor. If you suffer from these symptoms when taking Co-Diovan, **stop taking Co-Diovan immediately and never take Co-Diovan again.** See section 4 "Side Effects".
- You have a fever, rash and joint pain, which may be signs of systemic lupus erythematosus (SLE, an autoimmune disease).
- You suffer from diabetes, gout, high levels of cholesterol or triglycerides in your blood.
- You have had an allergic reaction after using other blood pressure-lowering medicines of this class (angiotensin II receptor antagonists) or if you have an allergy or asthma.
- You experience a decrease in vision or eye pain. These could be symptoms of increased intraocular pressure, which can happen within hours to a week of taking Co-Diovan. This condition may lead to permanent vision loss, if not treated. If you had an allergy to penicillin or sulphonamide in the past, you are at high risk for developing this effect.
- You are taking any of the following medicines to treat high blood pressure:
  - ACE inhibitors (for example, enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems
  - Alicikiren

- You have had skin cancer in the past, or if you develop an unexpected skin lesion while using the medicine. Use of hydrochlorothiazide may increase the risk of developing cancer of the skin and lips (non-melanoma cancer), especially with long-term use at high dosages. Protect the skin from exposure to the sun and ultraviolet (UV) rays while using Co-Diovan. Co-Diovan may increase skin sensitivity to the sun.
- If you experienced breathing or lung problems (including inflammation or fluid in the lungs) following hydrochlorothiazide intake in the past. If you develop any severe shortness of breath or difficulty breathing after taking Co-Diovan, seek medical attention immediately.

Tell the doctor if you think you are pregnant (or may become pregnant). Co-Diovan is not recommended at the beginning of pregnancy and must not be taken beyond the third month of pregnancy, since it may cause a severe defect in your baby if taken at this stage of pregnancy (see "Pregnancy, breastfeeding and fertility" section).

#### **Children and adolescents:**

The use of Co-Diovan in children and adolescents (below the age of 18) is not recommended.

#### **Tests and Follow-up:**

You may be referred by the doctor for kidney function tests, blood pressure and levels of electrolytes (such as potassium) in your blood on a regular basis.

See further information in the section "Do not use the medicine if".

#### **Drug interactions**

**If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist.** The effect of the treatment can be influenced if Co-Diovan is taken together with certain medicines. It may be necessary to change the dose, to take other precautions, or in some cases to stop taking one of the medicines. In particular, inform the doctor or pharmacist if you are taking medicines from the following groups:

- Lithium, a medicine used to treat some types of psychiatric disorders
- Medicines or substances that may increase the levels of potassium in your blood. These include potassium supplements or salt substitutes containing potassium, potassium-sparing medicines and heparin
- Medicines that may reduce the levels of potassium in your blood, such as diuretics, corticosteroids, laxatives, carbenoxolone, amphotericin or penicillin G
- Some antibiotics (from the rifamycin group), a medicine used to protect against transplant rejection (ciclosporin) or an antiretroviral drug used to treat HIV/AIDS infection (ritonavir). These medicines may increase the effect of Co-Diovan
- Medicines that may cause heart rhythm disturbances such as antiarrhythmics (used to treat heart problems) and antipsychotic medicines
- Medicines that may decrease the levels of sodium in your blood, such as antidepressants, antipsychotic medicines and anti-epileptics
- Medicines for the treatment of gout, such as allopurinol, probenecid, sulfapyrazone
- Vitamin D and calcium supplements
- Medicines for the treatment of diabetes (given orally, such as metformin, or by injection, such as insulin)
- Other medicines to lower your blood pressure, including methyldopa, ACE inhibitors (such as enalapril, lisinopril, etc.) or alicikiren (see additional information in the "Do not use the medicine if" and "Special warnings regarding use of the medicine" sections)
- Medicines that increase blood pressure, such as noradrenaline or adrenaline
- Digoxin or other digitalis glycosides (medicines used to treat heart problems)
- Medicines that may increase blood sugar levels, such as diazoxide or beta blockers
- Cytotoxic medicines (used to treat cancer), such as methotrexate or cyclophosphamide
- Medicines used to relieve pain, such as non-steroidal anti-inflammatory agents (NSAIDs), including selective cyclooxygenase-2 inhibitors (COX-2 inhibitors) and acetylsalicylic acid (aspirin) over 3 grams
- Muscle relaxing medicines, such as tubocurarine
- Anti-cholinergic medicines (medicines used to treat a variety of disorders, such as gastrointestinal cramps, urinary bladder spasm, asthma, motion sickness, muscular spasms, Parkinson's disease and as an aid to anaesthesia)
- Amantadine (a medicine used to treat Parkinson's disease and also used to treat or prevent certain illnesses caused by viruses)
- Cholestyramine and colestipol (medicines used mainly to treat high levels of lipids in the blood)
- Ciclosporin, a medicine used for organ transplants to prevent organ rejection
- Alcohol, sleeping pills and anaesthetics (medicines with sleep inducing or painkilling effects, used for example during surgery)
- Iodine-containing contrast media (agents used for imaging examinations)

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

• The medicine may be taken with or without food.

#### **Use of Co-Diovan and alcohol consumption:**

Avoid drinking alcohol until you have talked to your doctor. Alcohol may make your blood pressure fall more and/or increase the risk of dizziness or fainting.

#### **Pregnancy, breastfeeding and fertility:**

- **You must tell your doctor if you think you are pregnant or might become pregnant.** Your doctor will advise you to stop taking Co-Diovan before you become pregnant or as soon as you know you are pregnant, and will advise you to take another treatment instead of Co-Diovan. Co-Diovan is not recommended in early pregnancy, and **must not** be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if it is taken after the third month of pregnancy.
- **Tell your doctor if you are breast-feeding or intend to breast-feed.** Co-Diovan is not recommended while 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.

#### **Driving and use of machinery:**

Before you drive a vehicle, use tools, operate machinery or carry out any activity that requires concentration, make sure you know how Co-Diovan affects you. Like many other medicines used to treat high blood pressure, Co-Diovan may cause dizziness and affect the ability to concentrate.

### 3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions. This will help you to get the best results and lower the risk of side effects. Check with the doctor or pharmacist if you are uncertain about the dosage and treatment regimen of the preparation.

People with high blood pressure usually do not notice any signs of this problem. Many may feel quite normal. It is therefore very important to make sure you keep your appointments with your doctor, even if you are feeling well.

The dosage and treatment regimen will be determined by the doctor only. Your doctor will tell you how many tablets of Co-Diovan to take. Depending on how you respond to the treatment, your doctor may suggest a higher or lower dose of the medicine.

- The usual dose is generally one tablet of Co-Diovan once a day
- Do not change the dosage or stop taking the medicine without consulting your doctor
- The medicine should be taken at the same time each day, preferably in the morning
- Co-Diovan may be taken with or without food
- Swallow the tablet with a glass of water
- Since there is no information, do not crush/chew the tablet. The tablets cannot be halved

#### **Do not exceed the recommended dosage.**

##### **If you accidentally took a higher dosage**

If you experience severe dizziness and/or fainting, lay down and contact your doctor **immediately**. If you took an overdose, or if a child has accidentally swallowed the medicine, refer immediately to a doctor or proceed to a hospital emergency room, and bring the package of the medicine with you.

##### **If you forget to take Co-Diovan**

As you forget to take a dose at the required time, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you missed. Do not take a double dose. Take the next dose at the scheduled time and consult the doctor. Adhere to the treatment regimen recommended by the doctor. Even if there is an improvement in your health, do not stop treatment with the medicine without consulting the doctor.

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

Stopping your treatment with Co-Diovan may cause your hypertension to worsen. Do not stop taking the medicine unless your doctor instructs you to.

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

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

### 4. SIDE EFFECTS

As with any medicine, use of Co-Diovan may cause side effects in some users. Do not be alarmed by reading the list of side effects. You may not suffer from any of them.

**Some side effects can be severe and require urgent medical attention:**

##### **Contact the doctor immediately if:**

- You have one or more of the symptoms of angioedema, such as:
  - Swollen face, tongue or throat
  - Difficulty in swallowing
  - Hives and breathing difficulties
- Severe skin disease that causes rash, redness of the skin, blistering of the lips, eyes or mouth, skin peeling, fever (toxic epidermal necrolysis)
- Decrease in vision or pain in the eyes due to high pressure (possible symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or acute angle-closure glaucoma)
- A fever, sore throat, more frequent infections (agranulocytosis)
- Severe shortness of breath, fever, weakness and confusion (acute respiratory distress syndrome)

These side effects are very rare or of unknown frequency.

**If you experience any of these symptoms, stop taking Co-Diovan and contact your doctor immediately** (see under section "Special warnings regarding use of the medicine").

##### **Additional side effects:**

Uncommon side effects (effects that occur in up to 1 user in 100):

- Cough
- Low blood pressure
- Light-headedness
- Dehydration (with symptoms such as thirst, dry mouth and tongue, low urine output, dark coloured urine, dry skin)
- Muscle pain
- Tiredness
- Tingling or numbness
- Blurred vision
- Noises (e.g. whistling, buzzing) in the ears

Very rare side effects (effects that occur in up to 1 user in 10,000):

- Dizziness
- Diarrhoea
- Joint pain

Side effects of unknown frequency (frequency cannot be estimated from the existing data):

- Breathing difficulties
- Very low urine output
- Low levels of sodium in the blood (which can trigger tiredness, confusion, muscle twitching and/or convulsions in severe cases)
- Low levels of potassium in the blood (sometimes accompanied by muscle weakness, muscle spasms, abnormal heart rhythm)
- Low levels of white blood cells (with symptoms such as fever, skin infections, sore throat, mouth ulcers due to infections, weakness)
- Increased bilirubin levels in the blood (which may, in severe cases, cause yellowing of the skin and eyes)
- Increase in blood urea nitrogen (BUN) and creatinine levels (which can indicate impaired kidney function)
- Increased uric acid levels in the blood (which can, in severe cases, trigger gout)
- Fainting

**The following side effects have been reported with other products containing valsartan or hydrochlorothiazide alone.**

##### **Valsartan:**

Uncommon side effects (effects that occur in up to 1 user in 100):

- Spinning sensation
- Abdominal pain

Side effects of unknown frequency (frequency cannot be estimated from the existing data):

- Blistering skin (sign of a bullous skin inflammation [dermatitis])
- Skin rash with or without itching, accompanied by some of the following signs or symptoms: fever, joint pain, muscle pain, swollen lymph nodes and/or flu-like symptoms
- Rash, purplish-red spots, fever, itching (signs of inflammation of the blood vessels)
- Low level of blood platelets (sometimes with unusual bleeding or bruising)
- High levels of potassium in the blood (sometimes with muscle spasms, abnormal heart rhythm)
- Allergic reaction (with symptoms such as rash, itching, hives, difficulty breathing or swallowing, dizziness)
- Swelling mainly of the face and throat; rash; itching
- Elevation of liver function values
- Decreased level of hemoglobin and decreased percentage of red blood cells in the blood (both, in severe cases, may lead

to anemia)

- Kidney failure
- Low levels of sodium in the blood (which can trigger tiredness, confusion, muscle twitching and/or convulsions in severe cases)

#### Hydrochlorothiazide:

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

- Low levels of potassium in the blood
- Increase of lipids in the blood

Common side effects (effects that occur in up to 1 user in 10):

- Low levels of sodium in the blood
- Low levels of magnesium in the blood
- High levels of uric acid in the blood
- Itchy rash or other types of rash
- Reduced appetite
- Mild nausea and vomiting
- Dizziness, fainting upon standing up
- Inability to achieve or maintain an erection

Rare side effects (effects that occur in up to 1 user in 1,000):

- Swelling and blistering of the skin (due to increased sensitivity to sun)
- High levels of calcium in the blood
- High levels of sugar in the blood
- Sugar in the urine
- Worsening of diabetic metabolic state
- Constipation, diarrhea, abdominal discomfort, liver disorder which can occur together with yellowing of the skin and eyes
- Irregular heart rhythm
- Headache
- Sleep disturbances
- Low mood (depression)
- Low levels of blood platelets (sometimes with bleeding or bruising underneath the skin)
- Dizziness
- Tingling or numbness
- Vision disorders

Very rare side effects (effects that occur in up to 1 user in 10,000):

- Blood vessel infections with symptoms such as rash, purplish-red spots, fever (vasculitis)
- Rash, itching, hives, breathing and swallowing difficulties, dizziness (hypersensitivity reactions)

- Facial rash, joint pain, muscle disorder, fever (possible signs of lupus erythematosus)
- Severe pain in the upper abdomen (pancreatitis)
- Breathing difficulties with fever, coughing, wheezing, breathlessness (respiratory distress including pneumonitis and pulmonary oedema)
- Pale skin, tiredness, breathlessness, dark urine (possible signs of haemolytic anaemia)
- Fever, sore throat or ulcers in the mouth due to infections (leucopenia)
- Confusion, tiredness, muscle twitching and spasms, rapid breathing (possible signs of alkalosis due to low levels of chloride in the blood)

Side effects of unknown frequency (frequency cannot be estimated from the existing data):

- Weakness, bruising and frequent infections (aplastic anemia)
- Severely decreased urine output (possible signs of kidney disorders or kidney failure)
- Rash, skin redness, blistering of the lips, eyes or mouth, skin peeling, fever (possible signs of erythema multiforme)
- Muscle spasm
- Fever (pyrexia)
- Weakness
- Cancer of the skin and lips (non-melanoma cancer)

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

Reporting of side effects

Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" found on the Ministry of Health homepage ([www.health.gov.il](http://www.health.gov.il)) that directs you to the online form for reporting side effects, or by entering the link:

<https://sideeffects.health.gov.il>

#### **5. HOW SHOULD THE MEDICINE BE STORED?**

- Avoid poisoning! This medicine, and any other medicine, should be kept in a safe place out of the reach and sight of children and/or infants in order 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 (exp. date) that appears on the package. The expiry date refers to the last day of that month.

- Store below 30°C. Protect from moisture.
- Do not use the medicine if the packaging of the preparation is damaged.
- Do not throw away the tablets via wastewater or household waste. Ask the pharmacist how to throw away medicines that are no longer necessary, in order to protect the environment.

#### **6. FURTHER INFORMATION**

**In addition to the active ingredients, the medicine also contains:**

Co-Diovan tablets contain:

Microcrystalline cellulose, crospovidone, magnesium stearate, silica colloidal anhydrous.

The coating of Co-Diovan 80/12.5 mg tablets contains:

Hypromellose, talc, macrogol 8000, titanium dioxide (E171), red iron oxide (E172), yellow iron oxide (E172).

The coating of Co-Diovan 160/12.5 mg tablets contains:

Hypromellose, talc, macrogol 8000, titanium dioxide (E171), red iron oxide (E172).

The coating of Co-Diovan 160/25 mg tablets contains:

Hypromellose, talc, macrogol 4000, black iron oxide (E172), red iron oxide (E172), yellow iron oxide (E172), titanium dioxide (E171).

**What the medicine looks like and the contents of the package:**

Co-Diovan 80/12.5 mg: Film-coated, light orange, oval tablets, imprinted with HGH on one side and CG on the other side. Without a score line.

Co-Diovan 160/12.5 mg: Film-coated, dark red, oval tablets, imprinted with HHH on one side and CG on the other side. Without a score line.

Co-Diovan 160/25 mg: Film-coated, brown, oval tablets, imprinted with HXH on one side and NVR on the other side. Without a score line.

**Registration Holder and Importer and its address:** Novartis Israel Ltd., P.O.B 7126, Tel Aviv.

Revised in April 2022 according to MOH guidelines.

**Registration number of the medicine in the National Drug Registry of the Ministry of Health:**

Co-Diovan 80/12.5 mg: 114 50 29616

Co-Diovan 160/12.5 mg: 127 62 30611

Co-Diovan 160/25 mg: 128 09 30659