The contents of this leaflet have been updated in accordance with the Ministry of Health instructions on: November 2017

PATIENT LEAFLET IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a doctor's prescription only

Enalapri 5, 10, 20 mg

Tablets

Composition:
Each Enalapri 5 mg tablet contains enalapril maleate 5 mg
Each Enalapri 10 mg tablet contains enalapril maleate 10 mg
Each Enalapri 20 mg tablet contains enalapril maleate 20 mg
For a list of inactive ingredients, please see section 6 - "Additional Information".

Read the entire leaflet carefully before using the medicine. This leaflet contains concise information about the medicine. If you have any other questions, refer to the doctor or the pharmacist.
This medicine has been prescribed for treatment of your illness. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar.

1. What is the medicine intended for?

This medicine causes the blood vessels to expand, thus helping to lower blood pressure. In addition, the medicine is intended for treatment of heart failure (a heart impairment).
In some people several weeks of treatment may be required until an optimal effect on blood pressure is achieved.
Therapeutic class: Vasodilator of the ACE inhibitors type.

2. Before using the medicine:

☒ Do not use this medicine if:

- You are past the third month of pregnancy (it is best to avoid taking Enalapri in the beginning of pregnancy as well, see section 2 - Pregnancy and Breastfeeding).
- You are sensitive (allergic) to the active ingredient (enalapril maleate), to other medicines similar to Enalapri from the ACE inhibitors group or to any of the additional ingredients the medicine contains (see section 6 - Additional Information).
- You have a family member who is allergic to Enalapri or to other medicines of the ACE inhibitors group, or if you have suffered in the past from swelling (edema) of the face, eyelids, lips, mouth, tongue or throat that caused swallowing or breathing difficulties (angioedema) due to an unknown or hereditary reason.
- You are diabetic or suffering from kidney problems and are taking a medicine containing aliskiren for lowering blood pressure.

Do not take the medicine if one of the above mentioned conditions applies to you. If you are unsure, consult a doctor before taking this medicine.

❗ Special warnings regarding the use of the medicine:

- **Before and during treatment with Enalapri you should tell the doctor if:**
  - You have low blood pressure (may manifest as weakness, fainting or dizziness, especially when standing up).
  - You have problems in blood vessels in the brain.
  - You are suffering from a narrowing of a heart valve (bicuspid valve narrowing) or a narrowing of the Aorta, or if you are suffering from a heart problem (hypertrophic cardiac muscle disease). These conditions impair blood flow from the heart.
  - You have kidney problems (including a narrowing of the kidney artery, or patients with kidney transplant) since treatment with the medicine may lead to high levels of potassium in the blood, which may be serious. The doctor may need to monitor your potassium blood level and adjust Enalapri dosage accordingly.
  - You are taking one of the following medicines for treatment of high blood pressure:
    - Medicines of the Angiotensin-II Receptor Blockers (ARBs) family such as valsartan, telmisartan, irbesartan, especially if you are suffering from kidney problems related to diabetes.
    - Aliskiren.
  - You have liver problems.
  - You have problem in your blood system, such as: low level or lack of white blood cells (neutropenia/agranulocytosis), low level of platelets (thrombocytopenia), low level of red blood cells (anemia).
  - You ever suffered from an allergic reaction (angioedema). The symptoms include: itching, red marks on the hands, feet and throat, swelling of the face, around the eyes, in the lips, tongue or throat with swallowing or breathing difficulties. Please note that dark-skinned patients have an increased risk for this reaction when treated with ACE inhibitors.
  - You are undergoing dialysis treatments, taking diuretics, following a low-sodium diet or have suffered from massive vomiting or diarrhea.
  - You are suffering from diabetes. You should observe for low sugar levels in the blood, especially during the first month of treatment. An elevation of blood potassium level may also occur.
  - You are taking a potassium supplement, potassium-sparing diuretics or salt substitutes containing potassium.
  - You are pregnant or breastfeeding, thinking you might be pregnant or are planning to become pregnant. The medicine is not recommended in the beginning of pregnancy. The medicine should not be taken after the third month of pregnancy, since using this medicine may cause serious damage to the baby (see section 2 - "Pregnancy and Breastfeeding" and section "Do not use the medicine if:").
  - You are over 70 years old.
  - You are suffering from blood vessels collagen disease, such as: Lupus (Lupus erythematosus), rheumatoid arthritis, Scleroderma, you are taking medicines for suppression of the immune system, you are taking the medicines allopurinol or procainamide, or a combination of these medicines.
  - You are sensitive to any type of food or medicine.
  - You have low sodium blood levels.
  - You are suffering or have recently suffered from increased urination.
- The doctor may monitor your kidney function, blood pressure and electrolytes (e.g. potassium) levels in your blood periodically. See also section 2: "Do not use this medicine if".
- Please note that in dark-skinned patients the medicine lowers the blood pressure less efficiently than in other patients.
  If you are unsure that the above mentioned conditions apply to you, consult the doctor or pharmacist before taking the medicine.
- The attending doctor should be notified of this medicine before the following procedures: surgery (including dental), any procedure where anesthesia is involved, a mechanical treatment for removing cholesterol from the blood (LDL apheresis) or a treatment for alleviating an allergic reaction to bees or wasps' stings.
  If one or more of the above mentioned conditions apply to you, consult the doctor or dentist before the procedure.

❗ If you are taking or have recently taken other medicines including non-prescription medicines and food supplements, tell the doctor or the pharmacist, since Enalapri may affect the activity of certain medicines, and certain medicines may affect the activity of Enalapri.
Especially if you are taking:

- Medicines containing potassium, potassium supplements (including salt substitutes).
- Potassium-sparing diuretics such as spironolactone, eplerenone, triamterene or amiloride. Taking these medicines at the same time with Enalapri may increase potassium blood levels.
- Other medicines for lowering blood pressure, such as: beta blockers, angiotensin receptor blockers, diuretics (such as thiazides, furosemide, bumetanide), aliskiren or medicines for treating chest pain (angina pectoris) such as nitrates. Taking these medicines concurrently with Enalapri may lead to low blood pressure.
- The doctor may change the dosage of Enalapri or employ additional safety measures if you are taking a medicine of the Angiotensin Receptor Blockers (ARBs) family or aliskiren. See also section 2: "Do not use this medicine if" and "special warnings regarding use of the medicine".
- Lithium (for treatment of certain kinds of mental illnesses).
- Tricyclic antidepressants, antipsychotics, anesthetics, narcotics such as morphine (used, for example, for relieving severe pain). Taking these medicines concurrently with Enalapri may lead to low blood pressure.
- Medicines for treatment of rigidity and inflammation related to conditions of pain, especially those medicines affecting the muscles, bones and joints:
  - Non-steroidal anti-inflammatory drugs - NSAIDs, including COX-2 inhibitors (used for reduction of inflammation and helping to relieve the pain).
  - Treatment with gold salts, which may cause flushing of the face, nausea, vomiting and low blood pressure, if given concurrently with Enalapri.
- Aspirin (acetylsalicylic acid).
- Medicines for dissolving blood clots (thrombolytes).
- Medicines for cough and cold or medicines for weight loss containing a sympathomimetic.
- Medicines for treatment of diabetes (including orally administered medicines and insulin). Enalapri may cause a sharp drop of sugar blood levels if taken concurrently with these medicines, especially during the first weeks of treatment and in patients with kidney problems. You should closely monitor your blood sugar levels during the first month of treatment with Enalapri.
- Alcohol.

If you are unsure, consult the doctor or pharmacist before taking the medicine.

If you are about to receive an anesthetic (for surgery), tell the doctor or dentist that you are taking Enalapri.

❗ Use of the medicine and alcohol consumption:
You should avoid excessive consumption of alcoholic beverages during treatment with this medicine, since drinking alcohol during treatment with Enalapri may cause a significant drop in blood pressure and a sensation of dizziness or fainting.

❗ Pregnancy and breastfeeding:
Tell the doctor if you are pregnant or breastfeeding, thinking you might be pregnant or are planning to become pregnant. The doctor will usually advise you to stop taking the medicine before becoming pregnant or right after you learned that you are pregnant, and to take another medicine instead of Enalapri. The medicine is not recommended for use during the early phases of pregnancy, and its use is forbidden after the third month of pregnancy, since it may cause a severe damage to your baby if taken after the third month of pregnancy.
Consult the doctor if you are breastfeeding or are planning to breastfeed. Breastfeeding neonates (during the first few weeks after birth), and especially preterm babies, is not recommended while taking this medicine.
In cases of a more mature baby, the doctor will consult you about the benefits and risks in taking Enalapri while breastfeeding, compared to alternative treatment options.

❗ Driving and operating machinery
Using this medicine may cause tiredness, dizziness or drowsiness. If you are feeling these effects, avoid driving a vehicle, operating dangerous machinery and any activity that requires awareness.
Children should be cautioned against riding a bicycle or playing near a road etc.

❗ Important information about some ingredients of the medicine:
This medicine contains lactose. If you were told by a doctor in the past that you have intolerance for certain types of sugars, talk to the doctor before starting treatment with this medicine.
Each 5 mg tablet contains about 36.75 mg of Lactose.
Each 10 mg tablet contains about 73.5 mg of Lactose.
Each 20 mg tablet contains about 147 mg of Lactose.

3. How should you use the medicine?

Always use according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain.
Dosage and treatment regimen will be determined by the doctor only, according to your medical condition and additional medicines you are taking. This medicine should be used at set intervals as determined by the attending doctor.
The medicine should be taken with water. The medicine may be taken with or without food.
Do not chew; the tablet is intended to be swallowed! The tablet can be halved. No information is available regarding crushing/pulverizing the tablet.
In the beginning of treatment with the medicine, blood pressure may drop more significantly than when the next doses will be taken. In the beginning of treatment with the medicine you may feel dizziness. It may help you to lie down until you feel better. These effects are less probable in the next doses.
If you are concerned, consult the doctor or pharmacist.
The doctor will check how you react to Enalapri by measuring blood pressure and performing certain blood tests.
Patients with kidney problems
If you are suffering from kidney problems, the doctor will change the dosage of Enalapri according to the renal function.
If you are undergoing dialysis treatments, the dosage of the medicine may change daily. The doctor will instruct you regarding the right dosage.
Elderly patients
The dosage will be determined by the doctor, and will be adjusted to your renal function.
Children
Experience with this medicine in children with high blood pressure is limited. For other indications there is no experience in children at all.
The dosage will be determined by the doctor according to the child's weight and the change in the child's blood pressure after taking Enalapri. It is not recommended to use the medicine in babies and children with kidney problems.
It is not recommended to use the medicine in very young babies (during the first few weeks after delivery).
Do not exceed the recommended dose.
Tests and follow-up
The doctor may monitor the kidney function, blood pressure and levels of electrolytes (such as potassium) in the blood periodically. See also section 2: "Do not use this medicine if".
Enalapri may affect the results of some blood tests, including: blood cells or other blood components, levels of potassium, creatinine or urea, sodium, liver enzymes or bilirubin.
Before a blood test, it is very important that you will inform the doctor that you are taking Enalapri.
If you accidentally take a higher dosage a sharp drop in your blood pressure may occur. You may feel vague consciousness and other symptoms may occur, such as: dizziness following a decrease in blood pressure, strong and fast heartbeat, anxiety, cough, renal failure and fast breathing.
If you took an overdose or a child swallowed this medicine by mistake, go to the doctor or the emergency room of the hospital immediately and take the package of the medicine with you.
If you forgot to take the medicine at the required time, do not take a double dose. Take the next dose at the scheduled time and consult a doctor. Never take two doses together!
Follow the treatment as 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, your blood pressure may rise. If your blood pressure will rise too much, it may affect your heart and kidney function.
Do not take medicines in the dark! Check the label and the dose every time you take the medicine. Wear glasses if you need them.
If you have any other questions regarding use of the medicine, consult the doctor or the pharmacist.

4. Side effects:

As with any medicine, using Enalapri may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not experience any of them.
You should stop the treatment and immediately go to the doctor or to a hospital's emergency room if any of the following appear:
Allergy signs, such as: itching, red skin rash (hives), shortness of breath or wheezing, swelling of the hands, feet, ankles, face, eyes, mouth, lips, tongue or throat which may cause breathing or swallowing difficulties. Swelling involving the throat may be dangerous. Please note that dark-skinned patients have an increased risk for these effects.

- Syncope.
- Redness, swelling of the skin, blisters and peeling skin, which may also appear on the lips, eyes, mouth, nose and/or genitalia. In addition, other signs may occur, such as: high fever, swollen lymph nodes or joint pain (erythema multiforme).
- A severe skin rash that manifests in symptoms such as: skin redness, peeling, blisters and open wounds, detachment of the top layer of the skin (Stevens-Johnson syndrome, Toxic Epidermal Necrolysis).
- Sensation of swelling, pain and cramps in the stomach (may be caused by intestinal obstruction).
- A heart attack or a stroke may occur due to very low blood pressure in certain high-risk patients (patients that suffer from problems of blood flow to the heart or the brain).
- Severe abdominal pain (may be caused by inflammation of the pancreas).
- Blood disorders that may affect the cells and other blood components, which are usually diagnosed through blood tests (may manifest in the following symptoms: tiredness, weakness, shortness of breath, inability to perform physical activity, fatigue, persisting or recurrent cold, fever, chills, prolonged bleeding, hemorrhage due to an unknown reason, red or purple marks on the skin).
- Fluid in the lungs which may cause symptoms such as: cough, breathing difficulties.
- High fever, tiredness, loss of appetite, abdominal pain, nausea, jaundice (manifested in signs such as: yellowing of the skin or the white part of the eyes) and hepatic failure. These are symptoms of hepatitis (liver inflammation) or bile duct obstruction (bile flow from the bile duct to the liver stops).

In the beginning of treatment with Enalapri you may faint or feel dizziness. If this happens, lying down will help you. These effects are caused by a decrease in blood pressure and are supposed to improve as you continue to take the medicine. If you are concerned, consult the doctor.
Contact the doctor immediately if the following severe effects occur:

- A combination of some or all of the following signs: fever, inflammation of blood vessels, pain and inflammation of muscles or joints.
- Blood system disorders that affect blood components (usually discovered through blood tests).
- Rash, sensitivity to sunlight and other skin effects.

Additional side effects:
Very common side effects (occurring in more than one out of ten users):
Blurry vision, dizziness, cough, nausea, weakness.
Common side effects (occurring in 1-10 out of 100 users):

- Headaches, depression, low blood pressure, fainting (syncope), changes in heart rate, fast heartbeat, angina pectoris, chest pain, breathing difficulties, diarrhea, abdominal pain, altered taste sensation, rash, fatigue, an allergic reaction with swelling of the face, lips, tongue or throat, accompanied by swallowing or breathing difficulties, high level of potassium in the blood, high level of creatinine in the blood (usually diagnosed by testing).

Uncommon side effects (occurring in 1-10 out of 1,000 users):

- Tiredness and low levels of hemoglobin or red blood cells (anemia), low levels of sugar in the blood which may cause anxiety, high awareness or an unstable feeling.
- Low levels of blood sodium, high level of urea in the blood (measured in a blood test).
- A sudden drop in blood pressure, confusion, insomnia or drowsiness, irritability.
- Tingling, numbness in the skin or painful sensitivity, vertigo, fast and strong or irregular heartbeat.
- Runny nose, sore throat and hoarseness, cough and/or wheezing and/or breathing difficulties (asthma).
- Slow passage of food through the intestines, inflammation of the pancreas which may cause symptoms such as severe abdominal pain and back pain.
- Vomiting, digestive difficulties, constipation, loss of appetite.
- Irritation of the stomach, dry mouth, stomach ulcer (symptoms may include: burning sensation, pain accompanied by a feeling of emptiness and hunger, especially when the stomach is empty).
- Increased sweating, itching, itchy rash or hives, hair loss.
- Deterioration of kidney function or kidney failure (symptoms may include: lower back pain and a decrease in urine volume). High level of protein in urine - usually diagnosed through blood test.
- Impotence (sexual dysfunction in men), muscle cramps, flushing, ringing in the ears (tinnitus), fever, general feeling of unwellness.
- Low blood pressure (may cause dizziness when standing up).
- Heart attack (perhaps due to very low blood pressure in certain high-risk patients, including patients with problems in heart or brain blood flow).
- Stroke (perhaps due to very low blood pressure in high-risk patients).
- Cardiac arrest, pulmonary embolism and pulmonary infarction, pulmonary edema, atrial fibrillation, black stool, impaired walking (ataxia), bronchospasm, infection of the upper airways, Herpes Zoster, loss of sense of smell (anosmia).
- Inflammation of the conjunctiva, dryness in the eyes, increased production of tears, hip pain.

Rare side effects (occurring in 1-10 out of 10,000 users):

- Strange dreams, sleeping problems.
- Raynaud's phenomenon (constriction of blood vessels usually in the fingers of the hands and feet, which causes paleness or red-blue patches and sensation of coldness in the skin).
- Changes in blood tests, such as: low number of white and red blood cells, low hemoglobin, low level of platelets.
- Pulmonary infiltrate (an accumulation of fluids or other substances in the lungs, which show up on an x-ray), pneumonia (manifested in signs of cough, high fever and breathing difficulties).
- Inflammation of the nose, pain, inflammation and/or ulcers in the cheeks, gums, tongue, lips, throat.
- Problems in the liver or gallbladder, such as: liver function impairment, inflammation of the liver which may cause jaundice (yellowing of the skin or the white part of the eyes), elevation of liver enzymes levels or bilirubin in the blood (measured in blood tests).
- Decrease in total amount of urine produced per day, breast enlargement in men, bone marrow depression, autoimmune diseases.
- Hypersensitivity reaction to medicines, infections or disease, red rash with target-like lesions (erythema multiforme).
- A severe skin rash that manifests in signs such as: redness and peeling of the skin, blisters and open wounds or detachment of the top layer of the skin (Stevens-Johnson syndrome and Toxic Epidermal Necrolysis), exfoliative skin inflammation/erythroderma (a severe skin rash which includes peeling of the skin), pemphigus (small bumps on the skin filled with fluid).
- Swelling of lymph nodes.

Very rare side effects (occur in less than 1 out of 10,000 patients):
Intestinal bloating (intestinal angioedema). Signs may include abdominal pain, nausea, vomiting.
Side effects with unknown frequency (effects whose frequency has not yet been determined):

- Excessive production of anti-diuretic hormone, which causes fluid retention, which results in weakness, tiredness or confusion.
- A group of symptoms has been reported, which may include some or all of the following symptoms: fever, inflammation of blood vessels (serositis/vasculitis), muscle pain (myalgia/myositis), joint pain (arthralgia/arthritis). Rash, hypersensitivity to light or other skin effects.
- Inflammation of the bronchi (bronchitis), urinary tract infection.
- Hemolysis (breaking down of red blood cells) in patients with G6PD deficiency.

If a side effect occurs, or if one of the side effects worsens, or if you suffer from a side effect not indicated in the leaflet, consult with the doctor.
Reporting side effects:
Side effects may be reported to the Ministry of Health by clicking on the link "report side effects due to medicinal treatment" found on the Ministry of Health website homepage (www.health.gov.il), which will direct you to the online form for reporting side effects, or by clicking on the following link: http://forms.gov.il/globaldata/getsequence/getsequence.aspx?formType=AdversEffectMedic@moh.health.gov.il

5. How to store the medicine?

- Avoid poisoning! This medicine and any other medicine must be kept in a closed place out of the reach of children and/or infants to avoid poisoning. Do not induce vomiting without an explicit instruction from the doctor.
- Do not use the medicine after the expiry date (EXP) appearing on the package. The expiry date refers to the last day of that month.
- Store at a temperature lower than 25°C.

6. Additional information:

- In addition to the active ingredient, Enalapri tablets also contain: Lactose, Starch, povidone, Magnesium Stearate, Colloidal Silicon Dioxide, Sunset Yellow, Ponceau 4R

What does the medicine look like and what are the contents of the package: Enalapri 5 mg, 10 mg, 20 mg: round, peach-colored tablets with a scoring line.
Approved size of package: 30 tablets.

- License holder and manufacturer: CTS Chemical Industries Ltd., 3 Hakidma st., Kiryat Malachi.
- The format of this leaflet was determined by the Ministry of Health and its content was checked and approved by it on: 31.07.2016
- Registration number of the medicine in the National Drug Registry of the Ministry of Health:
  Enalapri 5 mg: 1198529925
  Enalapri 10 mg: 1198629926
  Enalapri 20 mg: 1198729927

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