

PACKAGE LEAFLET: INFORMATION FOR THE USER
Imdur® 60mg Tablets
(isosorbide mononitrate)

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. 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 name of your medicine is Imdur 60mg Tablets but will be referred to as Imdur throughout the remainder of the leaflet.

In this leaflet:

1. What Imdur is and what it is used for
2. What you need to know before you take Imdur
3. How to take Imdur
4. Possible side effects
5. How to store Imdur
6. Contents of the pack and other information

1. What Imdur is and what it is used for

Imdur contains a medicine called isosorbide mononitrate. This belongs to a group of medicines called 'nitrates'.

- It is used to prevent chest pain (angina).
- It works by making the blood vessels relax and widen. This makes it easier for the heart to pump blood around the body.

The tablets are made so that they release the medicine slowly over a number of hours.

2. What you need to know before you take Imdur

Do not take Imdur if:

- If you are allergic to isosorbide mononitrate or any of the other ingredients of this medicine (listed in section 6).
- You have ever had a stroke.
- You have very low blood pressure.
- You have severe anaemia.
- You have a heart problem called 'cardiomyopathy' or 'pericarditis' or you have narrow heart valves.
- You are taking sildenafil or similar medicines called Phosphodiesterase Type 5 Inhibitors, (used for male impotence). See the section "Other medicines and Imdur".

Do not take Imdur if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Imdur.

Warnings and precautions

Talk to your doctor or pharmacist before taking Imdur if:

- You have ever had any serious damage to your heart, such as a heart attack or operation.

If any of the above apply to you, or you are not sure, talk to your doctor or pharmacist before taking Imdur.

Other medicines and Imdur

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines that you buy without a prescription and herbal medicines. This is because Imdur can affect the way some medicines work and some medicines can have an effect on Imdur.

Do not take Imdur if you are taking the following medicines:

- Sildenafil or similar medicines called Phosphodiesterase Type 5 Inhibitors, (used for male impotence).

Do not take Imdur if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Imdur.

Pregnancy, breast-feeding and fertility

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 dizzy after taking Imdur. If this happens, do not drive or use any tools or machines.

3. How to take Imdur

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Swallow the tablets whole or broken in half (if this is easier to swallow).
- Take the tablets with half a glass of water.
- Do not crush or chew the tablets.

How much to take

- The recommended dose is one or two tablets a day.
- Take the medicine in the morning.
- Your doctor may ask you to start on a low dose so that you are less likely to have a reaction to starting Imdur.
- The blister strips are marked with the days of the week. If you are taking two tablets a day, make sure you take one tablet from each strip marked with the same day of the week.

You must not take Imdur for a sudden attack of angina. If you have a sudden attack, take a glyceryl trinitrate tablet (follow the instructions given on the label).

Very occasionally, some people see the remains of the tablet in their bowel motions. This is quite normal and does not mean that the medicine has not been released.

A translation of the days of the week on the blister strip is as follows:

Δευ.	Τρ.	Τετ.	Πέμ.	Παρ.	Σάβ.	Κυρ.
MON	TUE	WED	THU	FRI	SAT	SUN

Use in children

Do not give these tablets to children.

If you take more Imdur than you should

If you take more Imdur than you should, talk to a doctor or go to a hospital straight away. Take the medicine pack with you so the tablets can be identified.

If you forget to take Imdur

- If you forget a dose, take it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose.
- Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

- Headaches.
- Feeling sick (nausea).
- Feeling dizzy.

The above problems usually disappear with time.

Other possible side effects:

Common (may affect up to 1 in 10 people)

- Low blood pressure. This may make you feel faint or dizzy.
- Faster heartbeat.
- Headache.
- Feeling dizzy.
- Feeling sick (nausea).

Uncommon (may affect up to 1 in 100 people)

- Being sick (vomiting).
- Diarrhoea.

Rare (may affect up to 1 in 1,000 people)

- Fainting.
- Rash.
- Itchy skin.

Very rare (may affect up to 1 in 10,000 people)

- Pain in muscles

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible 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 or search for MHRA Yellow Card in the **Google Play** or **Apple App Store**. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Imdur

- Do not store above 30°C.
- **Keep out of the sight and reach of children.**
- Do not take your tablets after the expiry date printed on the container.
- If the doctor decides to stop treatment return any left over tablets to the pharmacist for safe disposal.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicine no longer required. This will help to protect the environment.
- Only keep them if the doctor tells you to. If your tablets show signs of deterioration or discolouration, seek the advice of your pharmacist who will tell you.

6. Contents of the pack and other information**What Imdur Tablets contain**

Each tablet contains 60mg of the active ingredient isosorbide mononitrate in a modified release formulation.

Also contains aluminium silicate, paraffin special, hydroxypropylcellulose, magnesium stearate, colloidal anhydrous silica, hypromellose, macrogol 6000, titanium dioxide (E171) and iron oxide (E172).

What Imdur Tablets look like and contents of the pack

Imdur 60mg Tablet is yellow oval biconvex tablet marked 'A' breakline 'ID' on one side and a breakline on the reverse.

Imdur 60mg Tablets are available in calendar blister strips of 28 tablets.

Imdur is a registered trademark.

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Blind or partially sighted? Is this leaflet hard to see or read? Contact Quadrant Pharmaceuticals Ltd, Tel: 01204 471 269