

Taking lisinopril

- Swallow the tablets with water. You can take them with or without food.
- Take your tablet at about the same time each day. Take the lisinopril tablet marked for the correct day on the blister pack. This will help you remember whether you have taken it.
- Take your medicine until your doctor tells you to stop. If you feel better, do not stop taking the tablets. If you stop them, your condition may get worse. The first lisinopril tablets you take might make you feel dizzy or light-headed. This is because the first dose may make your blood pressure fall by more than doses you take after that. It may help to lie down until you feel better. If you are concerned talk to your doctor or pharmacist. The doctor may check how you are responding to taking lisinopril by taking your blood pressure and doing some blood tests.

Adults with high blood pressure (hypertension)

- The starting dose is usually 10mg each day. This may be increased gradually to a maintenance dose (the dose you will stay on) of 20mg daily. The maximum daily dose is 80mg.
- The actual dose, decided by your doctor, will depend on your blood pressure and other medical conditions. If you are taking a high dose of water tablets (diuretics), your doctor may ask you to stop taking them for 2 to 3 days before you start taking lisinopril.

Adults with heart failure

- The starting dose is usually 2.5mg each day.
- It can be increased to as much as 35mg once daily, your doctor will decide this depending on how your condition changes with lisinopril. Any change will be done gradually over a number of weeks.

Heart attack

- Treatment may be started within 24 hours of having a heart attack
- The usual starting dose of 5mg each day for 2 days, may be increased to 10mg on the third day.
- Treatment may continue for about 6 weeks after your heart attack.

People with kidney problems

- If you have kidney problems, the doctor will alter the amount of lisinopril you take depending on how well your kidneys are working
- If you are on kidney dialysis your dosage will vary day by day. Your doctor will let you know what your dose should be.

Older People

- Your dose will be decided by your doctor. It will depend on how well your kidneys are working.

Children under 6 years

- The use of lisinopril is not recommended.

Children and adolescents aged 6 to 16 years

The dose depends on your weight. The usual starting dose is between 2.5mg and 5mg once daily, which can be increased to a maximum of 20mg to 40mg once daily. Patients with kidney problems should take a lower dose. Your doctor will decide the correct dose for you.

Kidney Transplant patients

- Lisinopril should not be used in patients who have recently had a kidney transplant.

If you take more lisinopril than you should

Contact your doctor or go to the nearest hospital casualty department straight away. Remember to take with you any tablets

If you forget to take lisinopril

If you miss a dose do not worry. Simply take your normal dose when it is next due. Do not take a double dose to make up for a forgotten tablet.

4. POSSIBLE SIDE EFFECTS

Like all medicines, lisinopril can cause side effects, although not everybody gets them.

Stop taking lisinopril and see a doctor or go to a hospital straightaway if:

- You get swelling of the hands, feet, ankle, face, lips or throat which may cause difficulty in swallowing or breathing, itching of the skin and nettle rash.
- You get red, swollen or scalded skin with blisters on the lips, eyes, mouth, nose and/or genitals. You may also have a high temperature swollen glands or joint pain. This may mean you are having an allergic reaction to lisinopril. Allergic reactions to medicines such as lisinopril are more common in people of black race or African-Caribbean origin.

Talk to your doctor straight away if you notice any of the following serious side-effects. These are rare (affect less than 1 person in 1000):

- Severe stomach or back pain. These could be signs of pancreatitis.
- Blood disorders including the bone marrow problems and anaemia. Symptoms include bruising more easily, bleeding longer after injury, bleeding from the gums or elsewhere, purple spots or blotching on the skin (caused by damage to small blood vessels), a greater chance of infection.
- High temperature, tiredness, loss of appetite, stomach pain, feeling sick, yellowing of the skin or eyes (jaundice) and liver failure. These are symptoms of hepatitis (inflammation of the liver).
- A condition which may include some or all of the following: high temperature, inflamed blood vessels, painful inflamed muscles and joints, blood problems detected by a blood test, rash, being very sensitive to sunlight, other effects of the skin.

Tell your doctor or pharmacist if any of the side effects gets serious or lasts longer than a few days. Also do this if you notice any side effects not listed in the leaflet.

Common (affects less than 1 person in 10):

- Dizziness, headache or cough
- Feeling faint or light-headed when standing up quickly. This could be due to low blood pressure
- Diarrhoea, being sick (vomiting)
- Kidney problems including kidney failure

Uncommon (affects less than 1 person in a 100):

- Mood changes, balance problems and dizziness (vertigo), change in the way things taste, sleep problems, unusual skin sensations such as numbness, tingling, pricking, burning, or creeping on the skin (paraesthesia).
- Heart problems including increased heart rate, uneven heart beat, chest pain and more serious conditions including heart attack and stroke
- Raynaud's phenomenon. Symptoms include toes or fingers that change colour when exposed to the cold or when pressure is put on them, pain in the fingers or toes when cold, tingling or pain on warming

- Runny nose, itching, sneezing and stuffy nose (rhinitis)
- Itchy, lumpy rash
- Difficulty in getting an erection or ejaculating (impotence)
- Tiredness, lack or loss of strength (weakness)

Rare (affects less than 1 person in 1000):

- Feeling confused
- Dry mouth
- Hair loss or balding
- Breast enlargement in men

Very rare (affects less than 1 person in 10000):

- Low blood sugar levels (hypoglycaemia). You may feel a sense of nervousness, shaky or sweaty.
- A condition called intestinal angioedema has been reported in patients taking this type of medicine (ACE inhibitors). Symptoms are stomach pain with or without feeling sick (nausea) or being sick (vomiting).
- Passing less urine than usual over the day
- Severe difficulty breathing, wheezing, tightness in the chest
- Pain and tenderness in the sinus area, blocked or runny nose (sinusitis) (other symptoms include high temperature, tiredness, headache, cough, bad breath, pressure in your ears, loss of taste and smell and a feeling of being generally unwell).
- Swelling and rash on the skin (Cutaneous pseudolymphoma)

Side effects of unknown frequency

- Fainting
- Feeling depressed

Blood tests

Taking lisinopril may affect the results of some blood tests. These include tests on: the blood cells or other parts of it, potassium levels, creatine or urea, sodium, liver enzymes or bilirubin.

If you are going to have a blood test, it is important to tell your doctor that you are taking lisinopril.

5. HOW TO STORE LISINOPRIL

- Keep your medicine in a safe place out of the reach and sight of children.
- Do not store above 25 °C.
- Do not use this medicine after the expiry date shown on the pack.
- Ask your pharmacist how to dispose of medicines no longer required. Do not dispose of medicines by flushing down a toilet or sink or by throwing out with your normal household rubbish. This will help to protect the environment.

6. FURTHER INFORMATION

What lisinopril contains

Each tablet contains 2.5mg, 5mg, 10mg or 20mg of lisinopril dihydrate as the active substance. Other ingredients are mannitol, calcium hydrogen phosphate dihydrate, maize starch, pregelatinised starch, colloidal silicone dioxide and magnesium stearate.

What Lisinopril looks like and contents of the pack

Lisinopril 2.5mg Tablets are white, round, biconvex tablets marked S140 on one side

Lisinopril 5mg Tablets are white, round, biconvex tablets marked S141 on one side

Lisinopril 10mg Tablets are white, round, biconvex tablets marked S142 on one side

Lisinopril 20mg Tablets are white, round, biconvex tablets marked S143 on one side

All tablets are marked on one side and scored on the other. They are supplied in blister packs of 28 tablets.