

**PART III: CONSUMER INFORMATION****Pr NIFEDIPINE ER**

Nifedipine Extended-Release Tablets, House Standard

This leaflet is part III of a three-part "Product Monograph" published when NIFEDIPINE ER was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about NIFEDIPINE ER. Contact your doctor or pharmacist if you have any questions about the drug.

**ABOUT THIS MEDICATION****What the medication is used for:**

NIFEDIPINE ER (nifedipine extended-release tablets) is used for:

**Chronic Stable Angina**

NIFEDIPINE ER may be used in patients to manage chronic stable angina.

**High Blood Pressure**

NIFEDIPINE ER may be used in patients to manage mild to moderate high blood pressure.

**What it does:**

NIFEDIPINE ER manages high blood pressure and chronic stable angina. It is called a "calcium channel blocker". Although the mechanism by which NIFEDIPINE ER reduces blood pressure and relieves angina is not fully known, it is believed to be brought about as a result of the ability of NIFEDIPINE ER to widen and relax blood vessels.

**When it should not be used:**

You should not use NIFEDIPINE ER if you:

- are allergic to nifedipine, or to any of the non-medicinal ingredients
- are pregnant, breastfeeding, or a woman of childbearing age
- have severe low blood pressure or are in shock
- are taking the medicine rifampicin
- have a Kock pouch (a pouch or reservoir created inside the abdomen with a portion of large bowel for which a tube or catheter can be inserted through the abdominal wall to drain the reservoir)

**What the medicinal ingredient is:**

Nifedipine.

**What the nonmedicinal ingredients are:**

Black iron oxide, cellulose acetate, hydroxypropyl cellulose, hypromellose, magnesium stearate, polyethylene glycol, polyethylene oxide, polyethylene oxide coagulant, red iron oxide, shellac, sodium chloride, talc and titanium dioxide.

**What dosage forms it comes in:**

The medication in NIFEDIPINE ER is packed within a nonabsorbable shell that has been specially designed to slowly

release the drug at a constant rate over time so that the body can absorb it. The shell will pass into your stool after your body has absorbed the medicine. This is normal and is nothing to worry about.

**Extended-Release Tablets:** 20 mg, 30 mg and 60 mg

**WARNINGS AND PRECAUTIONS**

Before you use NIFEDIPINE ER, talk to your doctor or pharmacist if you:

- are pregnant or breastfeeding
- have heart failure, liver disease, kidney disease, or coronary artery disease
- have unstable angina (sudden chest pain that occurs at rest and gets increasingly worse)
- have recently had a heart attack or you have a heart condition called aortic stenosis (narrowing of a valve in your heart)
- have pre-existing gastrointestinal narrowing disease
- have diabetes
- have a history of poor blood circulation in the brain
- are scheduled for surgery with a general anaesthetic
- are a man and have been repeatedly unsuccessful at fathering a child by *in vitro* fertilization

**Driving and using machines:** Before you perform tasks which may require special attention, wait until you know how you respond to NIFEDIPINE ER. Your ability to drive or to operate machinery may be impaired particularly at the start of treatment, when changing the medication, or in combination with alcohol.

**INTERACTIONS WITH THIS MEDICATION**

As with most medicines, interactions with other drugs are possible. Tell your healthcare professional about all the medicines you take, including drugs prescribed by other doctors, vitamins, minerals, natural supplements, or alternative medicines.

The following may interact with NIFEDIPINE ER:

**Drug-Drug interactions**

- azole antifungals (ketoconazole, itraconazole or fluconazole)
- cyclosporine
- carbamazepine
- cimetidine, ranitidine
- diltiazem
- digoxin
- erythromycin, clarithromycin
- fluoxetine
- HIV protease inhibitors (indinavir, nelfinavir, ritonavir, saquinavir, or amprenavir)
- nefazodone
- phenobarbital
- phenytoin

- quinidine
- quinupristin/dalfopristin
- tacrolimus
- rifampicin
- valproic acid
- blood pressure lowering drugs including beta-blockers
- benzodiazepines
- cisapride
- coumarin anticoagulants
- warfarin
- imipramine
- propafenone
- terfenadine

**Drug-Food interactions**

DO NOT eat grapefruit or drink grapefruit juice while you are using this medicine.

**Drug-Herb Interactions**

Saint John’s Wort

**PROPER USE OF THIS MEDICATION**

You must swallow NIFEDIPINE ER tablets whole. Do not bite, chew, divide or crush the tablets. This can result in a large immediate release of the drug.

You can take this medication with or without food.

Your doctor will tell you how much of this medicine to use and how often. Your dose may need to be changed several times in order to find out what works best for you. Follow your doctor's treatment plan exactly so that you reach and maintain your blood pressure targets, and get relief from angina. Do not use more medicine or use it more often than your doctor tells you to.

Do not discontinue a medication on your own. If you have a problem with a drug, always tell your doctor.

Dosage should be individualised.

**Usual dose:**

Doses greater than 90 mg a day are not recommended.

Chronic Stable Angina

- Starting Dose: 30 mg once a day

High Blood Pressure

- Starting Dose: 20 mg to 30 mg once a day
- Usual Maintenance Dose: 30 to 60 mg once a day.

**Overdose:**

In case of accidental overdose call your healthcare professional or poison control centre immediately, even if there are no symptoms.

In case of drug overdose contact a healthcare practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

**Missed Dose:**

If you miss a dose or forget to use your medicine, use it as soon as you can. If it is almost time for your next dose, wait until then to use the medicine and skip the missed dose. Do not use extra medicine to make up for a missed dose unless instructed by your doctor.

**SIDE EFFECTS AND WHAT TO DO ABOUT THEM**

Side effects may include:

- headaches, anxiety, numbness and/or pins and needles (hypoesthesia), confusion, insomnia, nervousness, weakness, excessive muscle movement
- dizziness, fatigue
- nausea, upset stomach, indigestion, dry mouth
- enlargement of the gums
- muscle or joint pain, leg cramps, back pain
- rash, itch, sensitivity to the sun
- impotence, breast enlargement in men, menstrual disorder for women
- abnormally large production of urine, the need to urinate at night, lack of urine or incontinence
- eye pain

**If any of these affects you severely, tell your doctor, nurse or pharmacist.**

NIFEDIPINE ER can cause abnormal blood test results.

Your doctor will decide when to perform blood tests and will interpret the results.

**SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM**

Symptom / Effect		Talk with your doctor or pharmacist		Stop taking drug and seek immediate medical help
		Only if severe	In all cases	
Common	Wheezing or trouble breathing			✓
	<b>Angina Pectoris:</b> chest tightness, chest pain			✓
	<b>Edema:</b> swelling of tissues of the hands, ankles, feet or legs	✓		
	Abdominal cramps		✓	
	Vomiting		✓	

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Symptom / Effect	Talk with your doctor or pharmacist		Stop taking drug and seek immediate medical help
	Only if severe	In all cases	
Diarrhea		✓	
Irregular heartbeat			✓
Fast heartbeat			✓
<b>Uncommon</b>			
Constipation		✓	
<b>Allergic Reactions:</b> difficulty breathing or swallowing, rash or hives (redness, intense itching and burning), swelling of the face, throat, tongue, lips, eyes, hands, feet, ankles, or lower legs			✓
<b>Low Blood Pressure:</b> dizziness, fainting, lightheadedness		✓	
<b>Unknown</b>			
<b>Liver Disorder (hepatitis and cholestasis):</b> yellowing of the skin or eyes, dark urine, abdominal pain, nausea, vomiting, loss of appetite		✓	
<b>Myocardial Infarction:</b> heart attack			✓
<b>Toxic Epidermal Necrolysis:</b> severe skin peeling, especially in the mouth and eyes			✓

**SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM**

Symptom / Effect	Talk with your doctor or pharmacist		Stop taking drug and seek immediate medical help
	Only if severe	In all cases	
<b>Intestinal (bowel) Obstruction:</b> swollen, hard or painful abdomen, vomiting, and constipation/no stools.			✓

*This is not a complete list of side effects. For any unexpected effects while taking NIFEDIPINE ER, contact your doctor or pharmacist.*

**HOW TO STORE IT**

Store between 15°C and 30°C. Protect from light and humidity.

Keep out of reach and sight of children

Never share your medicine with anyone.

Ask your healthcare professional about the best way to dispose of any outdated medicine or medicine no longer needed.

**Reporting Side Effects**

You can help improve the safe use of health products for Canadians by reporting serious and unexpected side effects to Health Canada. Your report may help to identify new side effects and change the product safety information.

**3 ways to report:**

- Online at [MedEffect](#);
  - By calling 1-866-234-2345 (toll-free);
  - By completing a Consumer Side Effect Reporting Form and sending it by:
    - Fax to 1-866-678-6789 (toll-free), or
    - Mail to: Canada Vigilance Program  
Health Canada, Postal Locator 0701E  
Ottawa, ON  
K1A 0K9
- Postage paid labels and the Consumer Side Effect Reporting Form are available at [MedEffect](#).

*NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.*

**MORE INFORMATION**

This document plus the full product monograph, prepared for health professionals, can be obtained by contacting Pro Doc Ltée at 1-800-361-8559.

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