Read all of this leaflet carefully before you start taking this medicine.

- 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. Do not pass it on to others. It may harm them even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Ramipril capsules are and what they are used for
2. Before you take
3. Possible side effects
4. How to store
5. Further information

1. What Ramipril capsules are and what they are used for

Ramipril capsules contain a medicine called ramipril. This belongs to a group of medicines called ACE inhibitors (Angiotensin Converting Enzyme inhibitors).

Ramipril capsules work by:
- decreasing your production of substances that cause your blood pressure to rise
- making your blood vessels relax and widen
- making it easier for your heart to pump blood around your body.

Ramipril capsules can be used:
- to treat high blood pressure (hypertension)
- to treat your heart when it cannot pump enough blood to the rest of your body (heart failure)
- as treatment following heart attack (myocardial infarction) complicated with heart failure.

2. Before you take

Do not take Ramipril capsules and tell your doctor if you:
- have had angina (pain or discomfort) in the chest; any other ACE inhibitor medicine or any of the ingredients of ramipril capsules listed in section 6.
- have had a serious allergic reaction called ‘angioneurotic’ (the signs include itching, hives, urticaria, red marks on the hands, feet and throat, swelling of the throat and tongue, breathing difficulty around the eyes and lips, difficulty breathing and swelling)
- have a blood disorder called ‘anaemia’ (for example, where the blood supply to your kidneys is reduced (renal artery stenosis))
- you have been in the last 3 months of pregnancy; (see section below on “Pregnancy and breast-feeding”)
- your blood pressure is dangerously low or unstable. Your doctor will need to make this assessment.

Do not take Ramipril capsules if any of the above apply to you:
- you are allergic to ramipril, any other ACE inhibitor medicine or any of the ingredients of ramipril capsules listed in section 6.
- you are in the last 3 months of pregnancy (see section below on “Pregnancy and breast-feeding”)
- your blood pressure is dangerously low or unstable. Your doctor will need to make this assessment.

Check with your doctor or pharmacist before taking your medicine if you:
- have heart, liver or kidney problems.
- have had a lot of body fluids or fluids through being sick (vomiting), having diarrhoea, losing more than usual being on a low salt diet, taking diuretics (water tablets) for a long time or having had diabetes.
- are going to have an anaesthetic. This may be given for an operation or any dental work. You may need to stop your ramipril capsules treatment one day beforehand; ask your doctor for advice.
- have high amounts of potassium in your blood (shown in blood test results).
- have certain vascular disease such as scleroderma or systemic lupus erythematosus.

3. Possible side effects

- you must tell your doctor if you think that you are (or might become) pregnant. Ramipril capsules are not recommended in the first 3 months of pregnancy and may cause serious harm to your baby after 3 months of pregnancy, see section “Pregnancy and breast-feeding”.

Children

Ramipril capsules are not recommended for use in children and adolescents below 18 years of age because safety and efficacy of ramipril capsules in children has not yet been established.

If any of the above apply to you (or you are not sure), talk to your doctor before taking Ramipril capsules.

Taking Ramipril capsules with other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription (including herbal medicines). This is because ramipril capsules can affect the way some other medicines work. Also some medicines can affect the way Ramipril capsules work.

Please tell your doctor if you are taking any of the following medicines. They may make Ramipril capsules work less well:

- medicines used to relieve pain and inflammation (e.g. NonSteroidal Anti-inflammatory Drugs (NSAIDs) such as ibuprofen or indomethacin and aspirin).
- medicines used for the treatment of low blood pressure, shock, cardiac failure, asthma, allergies such as rhinitis, or urticaria (hives) (shown in section below on “Pregnancy and breast-feeding”).
- hormones which can make your blood sugar amounts rise. Check your blood sugar amounts closely while taking Ramipril capsules.

Please tell your doctor if you are taking any of the following medicines. They may increase the chance of getting side effects if you take them with Ramipril capsules:

- medicines used to reduce pain and inflammation (e.g. NonSteroidal Anti-inflammatory Drugs (NSAIDs) such as ibuprofen or indomethacin and aspirin).
- medicines for sennosides (stimulant laxatives).
- medicines to stop the rejection of organs after a transplant such as ciclosporin and tacrolimus.
- diuretics (water tablets) such as furosemide.
- medicines which can increase the amount of potassium in your blood such as spironolactone, triamterene, amiloride, potassium salts and heparin (for thinning blood).
- steroid medicines for inflammation such as prednisolone.
- angioedema (hives, face swelling, difficulty in swallowing or breathing problems, swelling of your lips, mouth or throat).

Please tell your doctor if you are taking any of the following medicines. They may be affected by Ramipril capsules:

- medicines for diabetes such as insulin, sulfonylureas, or glimepiride (shown in section below on “Pregnancy and breast-feeding”).
- medicines used to increase the amount of HIV in your blood such as didanosine, zalcitabine, stavudine, abacavir, emtricitabine and lamivudine (for HIV infections).
- medicines which can increase the amount of HIV in your blood such as efavirenz, nevirapine, delavirdine, rilpivirine, etravirine and maraviroc (for HIV infections).
- medicines used to treat depression and anxiety such as selective serotonin reuptake inhibitors (SSRIs) or tricyclic antidepressants (for mental health problems). Ramipril capsules may increase the amount of lithium in your blood. The lithium amount will need to be closely checked by your doctor.
- lithium (for mental health problems). Ramipril capsules may increase the amount of lithium in your blood. The lithium amount will need to be closely checked by your doctor.

Any of the above apply to you (or you are not sure), talk to your doctor before taking Ramipril capsules.

Food and alcohol

Drinking alcohol with Ramipril capsules may make you feel dizzy or light-headed. If you are concerned about how much you can drink while you are taking ramipril capsules, discuss this with your doctor or medicines related to ramipril capsules and alcohol can have additive effects. Ramipril capsules may be taken with or without food.

Pregnancy and breast-feeding

You must tell your doctor if you think that you are (or might become) pregnant.

You should not take Ramipril capsules in the first 12 weeks of pregnancy and you must not take them at all after the 10th week as the urine during pregnancy may possibly be harmful to the baby.

If you become pregnant while on ramipril capsules, tell your doctor immediately. A switch to a suitable alternative treatment should be carried out in advance of a planned pregnancy.

You should not take Ramipril capsules if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

You may feel dizzy, while taking Ramipril capsules. This is more likely to happen when you start taking Ramipril capsules or start taking a higher dose. If this happens, do not drive or use any tools or machines.

Soya warning

Ramipril capsules contain soya lecithin. If you are allergic to peanut or soya, do not take this medicine.
**How to take**

Always take Ramipril capsules exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Take this medicine by mouth at the same time of the day each day. Swallow the capsules with liquid.

**Doses:**

- **Treatment of high blood pressure**
  
  The usual starting dose is 1.25mg or 2.5mg once daily. Your doctor will adjust the amount you take. The usual dose is 5mg or 10mg once daily.

- **Treatment of heart failure**
  
  The usual starting dose is 1.25mg once daily. Your doctor will adjust the amount you take. The usual dose is 10mg daily.

2 medications per day are preferable.

- **Treatment if you have had a heart attack**
  
  The usual starting dose is 1.25mg once daily is 2.5mg twice daily. Your doctor will adjust the amount you take. The usual dose is 10mg daily. Two administrations per day are preferable.

- **Elderly**
  
  Your doctor will reduce the initial dose and adjust your treatment more slowly.

If you take more Ramipril capsules than you should

Tell a doctor or go to the nearest hospital usually department straight away. Do not drive to the hospital, get somebody else to take you or call for an ambulance. Take the medicine pack with you. This is so the doctor know what you have taken.

If you forget to take Ramipril capsules

If you miss a dose, take your normal dose when it is next due.

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

**Possible side effects**

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

Stop taking Ramipril capsules and contact your doctor immediately if you notice any of the following serious side effects - you may need urgent medical treatment:

- Swelling of the face, lips or tongue which make it difficult to swallow or breathe, as well as itching and rashes. This could be a sign of a severe allergic reaction to Ramipril capsules.
- Severe skin reactions including rashes, ulcers in your mouth, swelling of non-existing skin diseases, redness, blistering or detachment of skin (such as Stevens-Johnson syndrome, toxic epidermal necrolysis or erythema multiforme).
- Contact your doctor immediately if you notice any of the following:
  
  - Faster heart rate, uneven or forceful heartbeat (palpitations),
  - Bruising more easily, bleeding for longer than normal, any
  - Fainting, hypotension (abnormally low blood pressure),
  - Feeling dizzy. This is more likely to happen when you start taking
  - Headache or feeling tired
  - Severe stomach pain which may reach through to your back. This
  - Swelling of the face, lips or throat which make it difficult to

If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**How to store**

Keep out of the reach and sight of children.

Do not store above 25°C.

Store in the original container.

Do not use Ramipril capsules after the expiry date which is stated on the carton and the blister or the capsule container. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of any no longer required. These measures will help to protect the environment.

**Further information**

What Ramipril capsules contain

The active substance in Ramipril capsules is Ramipril.

Each capsule contains either 1.25mg, 2.5mg, 5mg or 10mg of the active ingredient.

The other ingredients are starch pregelatinised, gelatin, water, black iron oxide (E172), titanium dioxide (E171), starch (E142), soya lecithin (E322) and antifoam DC 1150.

2.5mg, 5mg and 10mg capsules also contain indigo carmine FC (E132) and amaranth DC 110.

1.25 mg, 2.5mg and 10mg capsules also contain indigo carmine FC (E132) and amaranth DC 110.

What Ramipril capsules look like and contents of the pack

1.25mg capsules are hard, gelatin capsules, light grey body and light grey cap.

2.5mg capsules are hard, gelatin capsules, light grey body and light grey cap.

5mg capsules are hard, gelatin capsules, light grey body and light green cap.

10mg capsules are hard, gelatin capsules, light grey body and dark green cap.

Pack size is 28 capsules.

Manufacturer

Actavis, Barnstaple, EX32 8NS, UK.

Marketing Authorisation Holder

Actavis, Barnstaple, EX32 8NS, UK.

This leaflet was last reviewed in May 2012.