LOSARTAN AND HYDROCHLOROTHIAZIDE

loe-sar-tan and hye-dro-klor-oh-thy-ah-zide

What does it do?

Losartan and *hydrochlorothiazide* is used to treat high blood pressure. *Losartan* relaxes blood vessels and *hydrochlorothiazide* reduces excess fluid in your body.

Before you start

- Tell your doctor if you have kidney problems, gout, or if you have ever had angioedema (swollen lips, tongue, throat or face).
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *losartan* and *hydrochlorothiazide* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *losartan* and *hydrochlorothiazide* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- potassium supplements (e.g. Span K®)
- calcium supplements (e.g. Calci-Tab®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Swollen lips, tongue, throat or face	Tell your doctor immediately
Changes in heartbeat, muscle cramps or weakness Confusion or drowsiness (may be signs of low sodium) Short of breath Changes in vision	Tell your doctor
More sensitive to sunlight (sunburn or rash) Gout attack Trouble getting or keeping an erection	Tell your doctor if troublesome
Symptoms of low blood pressure such as dizziness or fainting	Stand up slowly. If it continues, or is severe, tell your doctor

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Protect yourself from too much sunlight while taking *hydrochlorothiazide* (it may increase your risk of skin cancer). Always cover up and apply a thick layer of broad spectrum sunscreen (at least SPF30) when outside. Do not use sunbeds.
- You will need regular blood tests while taking *losartan* and *hydrochlorothiazide* to check if it is causing problems with your kidneys or the amount of potassium in your blood.