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PATIENT INFORMATION LEAFLET P4094T

# Indapamide Hemihydrate 2.5mg Tablets

Indapamide Hemihydrate

**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 symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any not listed in this leaflet. See section 4.

**What is in this leaflet:**

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


## 1. What Indapamide Tablets are and what they are used for

Indapamide hemihydrate is related to a group of medicines called sulphonamides.
This medicine is intended to reduce high blood pressure (hypertension) in adults.
Indapamide is a diuretic. Most diuretics increase the amount of urine produced by the kidneys. However, indapamide is different from other diuretics, as it only causes a slight increase in the amount of urine produced. In addition, it widens blood vessels so that blood passes through more easily. This helps to lower blood pressure.

## 2. What you need to know before you take Indapamide Tablets

**Do not take Indapamide Tablets:**
- if you are allergic to Indapamide hemihydrate, any other sulphonamide related medicines, or any of the other ingredients of this medicine (listed in section 6)
- if you have severe liver disease or suffer from a condition called hepatic encephalopathy (liver problems which affect the brain and central nervous system).
- if you have low potassium levels in your blood (hypokalaemia).
- if you have severe kidney disease.
- if you have high calcium levels in your blood (hypercalcaemia)
- if you have low sodium levels in your blood (hyponatraemia)
- if you have a rare inherited blood disease called porphyria
- if you have an illness called Addison's disease. If you think any of these situations may apply to you, or you have any questions or doubts about taking your medicine, you should consult your doctor or pharmacist.

**Warnings and precautions:**
Talk to your doctor or pharmacist before taking Indapamide Tablets:
- if you have liver problems
- if you have diabetes
- if you suffer from gout
- if you need to have a test to check how well your parathyroid gland is working
- if you have any heart rhythm problems or kidney problems
- If you experience a decrease in vision or eye pain. These could be symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or an increase of pressure in your eye and can happen within hours to a week of taking Indapamide Tablets. This can lead to permanent vision loss, if not treated. If you earlier have had a penicillin or sulfonamide allergy, you can be at higher risk of developing this
- if you have muscle disorders including muscle pain, tenderness, weakness or cramps.

You should tell your doctor if you have had photosensitivity reactions.
Your doctor may give you blood tests to check for low sodium or potassium levels or high calcium levels.

If you think any of these situations apply to you, or you have any questions or doubts about taking your medicine, you should consult your doctor or pharmacist.

Keep out of direct sunlight while taking this medicine and for a few months after you have finished taking it. This is because your skin will become much more sensitive to the sun and may burn, tingle or severely blister if you do not take the following precautions:
- Make sure you use high factor sun cream
- Always wear a hat and clothes which cover your arms and legs.

Indapamide may lower potassium levels and your doctor may monitor this by means of blood tests. This may happen in patients receiving multiple treatments or in the elderly, or in those suffering from cirrhosis of the liver, with fluid retention, or from prolonged or severe diarrhoea, or hyperaldosteronism (over production of a hormone that controls sodium and potassium levels in the blood).

Blood calcium levels may need to be monitored in those patients suffering from overactivity of the parathyroid gland. Please inform your doctor or pharmacist if you suffer from gout.
Indapamide may cause the blood uric acid levels to increase when treatment is commenced.

Athletes should be aware that this medicine contains an active ingredient, which may give a positive reaction in doping tests.

**Children and adolescents**
Indapamide Tablets are not recommended for use in children and adolescents.

**Other medicines and Indapamide Tablets**
Tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines.

You should not take Indapamide Tablets with lithium (used to treat depression) due to the risk of increased levels of lithium in the blood.

Make sure to tell your doctor if you are taking any of the following medicines, as special care may be required:
- medicines used for heart rhythm problems (e.g. quinidine, hydroquinidine, disopyramide, amiodarone, sotalol, ibutilide, dofetilide, digitalis, bretylium), methadone, astemizole, terfenadine. Increased risk of ventricular arrhythmias, particularly torsades de pointes (hypokalaemia is a risk factor).
- medicines used to treat mental disorders such as depression, anxiety, schizophrenia (e.g. tricyclic antidepressants, antipsychotic drugs such as lithium, neuroleptics) (such as amisulpride, sulpiride, sultopride, tiapride, haloperidol, droperidol),
- bepridil (used to treat angina pectoris, a condition causing chest pain),
- cisapride (used to treat reduced movement of the gullet and stomach),
- diphemanil (used to treat gastric problems such as ulcers, too much acid, overactive digestive system),
- sparfloxacin, moxifloxacin, erythromycin by injection (antibiotics used to treat infections),
- vincamine by injection (used to treat symptomatic cognitive disorders in elderly including memory loss),
- halofantrine (antiparasitic drug used to treat certain types of malaria),
- pentamidine (used to treat certain types of pneumonia),
- mizolastine, astemizole, terfenadine (antihistamines used to treat allergic reactions, such as hay fever),
- non-steroidal anti-inflammatory drugs for pain relief (e.g. ibuprofen) or high doses of acetylsalicylic acid,
- angiotensin converting enzyme (ACE) inhibitors (used to treat high blood pressure and heart failure),
- amphotericin B by injection (anti-fungal medicines),
- oral corticosteroids used to treat various conditions including severe asthma and rheumatoid arthritis,
- stimulant laxatives,
- baclofen (to treat muscle stiffness occurring in diseases such as multiple sclerosis),
- allopurinol (for the treatment of gout)
- potassium-sparing diuretics (amiloride, spironolactone, triamterene),
- metformin (to treat diabetes),
- iodinated contrast media (used for tests involving X-rays),
- calcium tablets or other calcium supplements,
- ciclosporin, tacrolimus or other medicines to depress the immune system after organ transplantation, to treat autoimmune diseases, or severe rheumatic or dermatological diseases,
- tetracosactide (to treat Crohn's disease),
- methadone (used to treat addiction).

**Indapamide Tablets with food and drink**
Indapamide Tablets should be swallowed with a glass of water. It is advised that the tablet be taken in the morning before breakfast.

**Pregnancy and breast feeding**
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.

This medicine is not recommended during pregnancy. When a pregnancy is planned or confirmed, the switch to an alternative treatment should be initiated as soon as possible. Please tell your doctor if you are pregnant or wish to become pregnant.

The active ingredient is excreted in milk in small amounts. Breast feeding is not advisable if you are taking this medicine.

No effects on human fertility are anticipated.

**Driving and using machines**
This medicine can cause side effects such as dizziness or tiredness due to lowering of the blood pressure (see section 4). These side effects are more likely to occur after initiation of the treatment and after dose increases. If this occurs, you should refrain from driving and other activities requiring alertness. However, under good control, these side effects are unlikely to occur.

**Indapamide Tablets contains lactose and sucrose**
This medicine contains lactose and sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

**Information on Sodium**
This medicine contains less than 1mmol (23mg) of sodium in each tablet, that is to say essentially sodium-free.

**Other Excipients**
This medicine also contains: Ponceau 4R (E124).
This may cause allergic reactions (possibly delayed).

## 3. How to take Indapamide Tablets

Always take Indapamide Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
The recommended dose is one tablet each day, preferably in the morning.
The tablets can be taken with or without food.
They should be swallowed whole with water.
Treatment for high blood pressure is usually life-long.

**Use in children and adolescents**
Indapamide Tablets are not recommended for use in children and adolescents.

**Use in the elderly**
Only treat elderly patients who have normal kidney function or slightly impaired function.

**If you take more Indapamide Tablets than you should:**
If you have taken too many tablets, contact your doctor or pharmacist immediately.
A very large dose of Indapamide Tablets could cause nausea (feeling sick), vomiting, low blood pressure, cramps, dizziness, drowsiness, confusion and changes in the amount of urine produced by the kidneys.

**If you forget to take Indapamide Tablets:**
If you forget taking a dose of your medicine in the morning, take the next dose at the usual time. Do not take a double dose to make up for a forgotten dose.

**If you stop taking Indapamide Tablets:**
As the treatment for high blood pressure is usually life-long, you should discuss with your doctor before stopping this medicinal product.
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.
**Stop taking this medicine and see a doctor immediately, if you experience any of the following side effects that can be serious:**
- Angioedema and/or urticaria. Angioedema is characterised by swelling of the skin of extremities or face, swelling of the lips or tongue, swelling of the mucous membranes of the throat or airways resulting in shortness of breath or difficulty of swallowing. If this occurs, contact your doctor immediately (Very rare: may affect up to 1 in 10,000 people)
- Severe skin reactions including intense skin rash, reddening of the skin over your whole body, severe itching, blistering, peeling and swelling of the skin, inflammation of mucous membranes (Stevens Johnson Syndrome) or other allergic reactions (Very rare: may affect up to 1 in 10,000 people)
- Life-threatening irregular beat (Not known)
- Inflamed pancreas which may cause severe abdominal and back pain accompanied with feeling very unwell (Very rare: may affect up to 1 in 10,000 people)
- Disease of the brain caused by liver illness (Hepatic encephalopathy) (Not known)
- Inflammation of the liver (Hepatitis) (Not known)
- Muscle weakness, cramps, tenderness or pain and particularly, if at the same time, you feel unwell or have a high temperature it may be caused by an abnormal muscle breakdown (Not known).

In decreasing order of frequency, other side effects can include:

**Common (may affect up to 1 in 10 people):**
- Red raised skin rash
- Allergic reactions, mainly dermatological, such as skin rashes in subjects with a predisposition to allergic and asthmatic reactions
- Low potassium in the blood

**Uncommon (may affect up to 1 in 100 people):**
- vomiting
- red pinpoints on skin (Purpura)
- Low sodium in the blood that may lead to dehydration and low blood pressure
- Impotence (inability to obtain or maintain an erection)

**Rare (may affect up to 1 in 1000 people):**
- Feeling of tiredness, headache, pins and needles (paraesthesia), vertigo
- Gastro-intestinal disorders such as nausea (feeling sick) or constipation, dry mouth
- Low chloride in the blood
- Low magnesium in the blood

**Very rare (less than 1 patient in 10,000):**
- Changes in blood cells, such as thrombocytopenia (decrease in the number of platelets which causes easy bruising and nasal bleeding), leucopenia (decrease of white blood cells which may cause unexplained fever, soreness of the throat or other flu-like symptoms - if this occurs, contact your doctor) and anaemia (decrease in red blood cells)
- High level of calcium in blood
- Heart rhythm irregularities (causing palpitations, feeling of the heart pounding), low blood pressure;
- Kidney failure (causing symptoms of tiredness, increased need to urinate, itchy skin, feeling sick, swollen extremities)
- Abnormal hepatic function

**Not Known (frequency cannot be estimated from the available data):**
- Fainting
- If you suffer from systemic lupus erythematosus (a type of collagen disease), this might get worse
- Cases of photosensitivity reactions (change in skin appearance) after exposure to the sun or artificial UVA have also been reported
- Short sightedness (myopia)
- Blurred vision
- Visual impairment;
- Decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular layer of the eye (choroidal effusion) or acute angle-closure glaucoma)
- Changes may occur in your blood and your doctor may need to give you blood tests to check your condition. The following changes in your blood test results may occur:
  - increase in uric acid, a substance which may cause or worsen gout (painful joint(s) especially in the feet)
  - increase in blood glucose levels in diabetic patients
  - increased levels of liver enzymes
- Abnormal ECG heart tracing.
- Muscle spasms, Muscular weakness, Myalgia, Rhabdomyolysis.

**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 at 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 Indapamide Tablets

Keep this medicine out of the sight and reach of children.
Do not use this medicine after the expiry date which is stated on the carton after EXP.
The expiry date refers to the last day of that month.
Do not store above 25°C. Store in the original package. Protect from light.
Do not throw away any medicines via waste water or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6. Contents of the pack and other information

**What Indapamide Tablet contains**
The active substance is indapamide.
Each Indapamide Tablet contains 2.5mg of Indapamide hemihydrate.
Other ingredients are lactose, di-basic calcium phosphate, maize starch, magnesium stearate, croscarmellose sodium, purified water, opadry SGR and opadry SGR Pink which contains sucrose, hypromellose, macrogol/PEG, talc, medium chain triglycerides, glyceryl monostearate, Ponceau 4R (E124), polyvinyl alcohol, carmine and titanium dioxide (E171).

**What Indapamide Tablets look like and contents of the pack:**
Indapamide Tablets are round, pink sugar coated tablets.
They are supplied in blister packs of 28, 30, 56 or 60 tablets.
Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer:**
Crescent Pharma Ltd., Key House,
Sarum Hill, Basingstoke, RG21 8SR, UK.

**This leaflet was last revised in 08/2026.**

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| Item Code: | P4094T |
| Size: | 260 x 240 mm |
| Min. Point size: | 8pt |
| O. Artwork | 25/08/26 |
| Proof No. | 2 |
| Amendment Date: | 26/08/26 |

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| | Process Black |
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