

# Micardis Plus: Knowledge Base

Here you will find detailed answers to your questions about Micardis Plus, based on available information.

## 1. General Information

- What is the name of the medication? (Include brand name, generic name, or INN) Micardis Plus is the primary brand name under which the combination medication of telmisartan and hydrochlorothiazide is sold . Other brand names include Micardis HCT and Co-Micardis . The generic name, which is also the International Nonproprietary Name (INN), is telmisartan/hydrochlorothiazide. Telmisartan is classified as an angiotensin II receptor antagonist (ARB) , and hydrochlorothiazide is a thiazide diuretic. What is its pharmaceutical form? (e.g., tablet, capsule, injectable, syrup) Micardis Plus is available as tablets for oral administration.<sup>1</sup> These tablets are typically bilayered and oblong in shape.<sup>6</sup> The color can vary depending on the dosage strength (e.g., white and red or white and yellow).<sup>64</sup>
- Who is the manufacturer or marketing authorization holder? Boehringer Ingelheim is the manufacturer and/or marketing authorization holder for Micardis Plus .

## 2. Purpose & Use

- Why am I taking this medication? Micardis Plus is primarily used to treat high blood pressure (hypertension) . It is often prescribed for individuals whose blood pressure is not adequately controlled with telmisartan alone .
- What condition or illness does it treat? Micardis Plus treats essential hypertension, which is high blood pressure without a known underlying medical cause . It can also be used to lower the risk of cardiovascular events like heart attack, stroke, or death in certain individuals at high risk . In some cases, it may be used to manage fluid retention (oedema).
- How does this medication help me? Micardis Plus combines two active ingredients to lower blood pressure . Telmisartan, an ARB, blocks the effects of angiotensin II, a hormone that narrows blood vessels, causing them to relax<sup>11</sup> . Hydrochlorothiazide is a diuretic that helps the body get rid of excess salt and water, which also lowers blood pressure . The combination provides an additive effect in lowering blood pressure.

- What symptoms does it relieve? Micardis Plus is used to lower high blood pressure, which often doesn't have noticeable symptoms . By lowering blood pressure, it helps to prevent serious long-term health problems such as stroke, heart disease, and kidney failure . It may also help manage symptoms of fluid retention (oedema) in some cases.

### 3. Dosage & Administration

- What is the recommended dosage? The usual starting dose for adults is one tablet taken orally once a day . Available strengths are 40mg/12.5mg, 80mg/12.5mg, and 80mg/25mg (telmisartan/hydrochlorothiazide) . The dosage may be adjusted by your doctor if your blood pressure is not adequately controlled after 4 to 8 weeks of treatment .
- How should I take it? (e.g., orally, injection, with/without food) Micardis Plus tablets are taken orally by swallowing them whole with a liquid, such as water or another non-alcoholic drink . It can be taken with or without food, but it is generally recommended to take it the same way each time (either always with food or always without food) .
- When should I take it? (e.g., morning, night, before meals) Micardis Plus is usually taken once a day, around the same time each day, either in the morning or evening . Some suggest taking it in the morning or early afternoon due to the diuretic effect of hydrochlorothiazide. However, studies have explored the potential benefits of taking blood pressure medications, including telmisartan, at night . One study found bedtime administration of telmisartan more effective in reducing nighttime blood pressure . Consult your doctor to determine the best time for you .
- Should I take it with water or other liquids? Yes, Micardis Plus tablets should be swallowed whole with water or another non-alcoholic liquid .

### 4. Duration of Treatment

- How long should I take this medication? Treatment for high blood pressure with Micardis Plus is generally long-term, often for the rest of your life .
- Is this a short-term or long-term treatment? Micardis Plus is intended for long-term management of chronic hypertension .
- When should I stop taking it? Do not stop taking Micardis Plus without first talking to your doctor . Suddenly stopping can cause a sudden increase in blood pressure, potentially increasing the risk of serious cardiovascular events<sup>20</sup> . Your doctor may recommend gradually reducing the dose if it's appropriate to stop .

### 5. Side Effects & Warnings

- What are the possible side effects? Common side effects may include dizziness, upper respiratory tract infections, diarrhea, fatigue, nausea, back pain, headache, and cough . Other less frequent or rare side effects are possible .
- What should I do if I experience side effects? For mild side effects that are bothersome or don't go away, consult your doctor or pharmacist . If you experience severe or persistent side effects, or any signs of a serious reaction, seek immediate medical attention .
- Are there any serious reactions I should watch for? Serious reactions to watch for include a significant drop in blood pressure (hypotension), changes in electrolyte levels, kidney problems, severe allergic reactions (including swelling of the face, lips, tongue, or throat), vision disturbances, chest pain, irregular heartbeat, muscle weakness, and in rare cases, severe breathing problems (acute respiratory distress syndrome) or signs of infection (sepsis) . Long-term use of hydrochlorothiazide may increase the risk of non-melanoma skin cancer.

## 6. Contraindications & Precautions

- Who should not take this medication? Micardis Plus should not be taken by individuals who are allergic to telmisartan, hydrochlorothiazide, other sulfonamide-derived drugs, or any of the inactive ingredients. It is also contraindicated during pregnancy and breastfeeding , in people with severe liver or kidney problems , certain bile flow disorders , very low potassium or high calcium levels , and other specific conditions. It should not be used with aliskiren in patients with diabetes or kidney problems . Individuals with rare hereditary conditions like fructose or galactose intolerance should also avoid it .
- Are there any health conditions that make it unsafe? Yes, certain health conditions can make Micardis Plus unsafe to take. These include severe liver or kidney disease, problems with bile flow, a history of angioedema (severe allergic reaction), very low blood pressure, certain heart problems, diabetes (especially if taking aliskiren), gout, and electrolyte imbalances .
- Is it safe during pregnancy or breastfeeding? No, Micardis Plus is not safe during pregnancy, especially in the second and third trimesters, as it can cause serious harm or death to the unborn baby . It is also generally not recommended during breastfeeding as it is unknown if the active ingredients pass into breast milk and what effects they might have on the nursing infant . Women of childbearing age should use effective contraception while taking this medication.

## 7. Drug & Food Interactions

- Can I take other medications with this one? Micardis Plus can interact with many other medications . These include other blood pressure medications, ACE

inhibitors, aliskiren, lithium, digoxin, NSAIDs, and others . It's important to tell your doctor about all medications you are taking, including over-the-counter drugs, vitamins, and herbal supplements .

- Are there any foods, drinks, or supplements to avoid? Moderate to high intake of potassium, especially from salt substitutes containing potassium, should be used with caution . Alcohol should be avoided or limited as it can increase the risk of low blood pressure and dizziness . Food can slightly reduce the absorption of telmisartan . Consult your doctor before using potassium supplements or salt substitutes containing potassium .
- Does it interact with alcohol? Yes, alcohol can interact with Micardis Plus, potentially increasing the risk of low blood pressure, dizziness, and lightheadedness . It is generally recommended to avoid or significantly limit alcohol intake while taking this medication .

## 8. Storage & Handling

- How should I store this medication? (e.g., room temperature, refrigeration) Micardis Plus should be stored at room temperature, ideally below 25°C (77°F) . Avoid storing it in the bathroom or other moist areas .
- Should it be kept away from light or moisture? Yes, Micardis Plus should be protected from light and moisture . Keep the tablets in their original blister packaging until you are ready to take them .
- Is there an expiration date to check? Yes, always check the expiration date on the packaging before using Micardis Plus . Do not use the medication if it has expired . Dispose of expired or unwanted medication properly, often by returning it to a pharmacy .

## 9. Monitoring & Effectiveness

- How will I know if the medication is working? The effectiveness of Micardis Plus is primarily monitored by regular checks of your blood pressure . High blood pressure often has no symptoms, so regular monitoring is important even if you feel well .
- Are there any tests or follow-ups needed? Your doctor may order periodic blood tests to monitor electrolyte levels (especially potassium), kidney function, and other relevant health indicators during treatment with Micardis Plus. Regular follow-up appointments with your doctor are necessary to assess your response to the medication, adjust the dosage if needed, and monitor your overall health.<sup>9</sup>
- What should I do if I miss a dose? If you miss a dose of Micardis Plus, take it as soon as you remember. However, if it is close to the time for your next dose, skip

the missed dose and take your next dose at the regular time. Never take a double dose to make up for a missed one . Try to take Micardis Plus at the same time every day to maintain a consistent level of medication in your body.