

ALDERFER & TRAVIS CARDIOLOGY, PC

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LOSARTAN W/HCTZ - ORAL

OTHER NAMES: Cozaar

USES: This medication is used to treat high blood pressure (hypertension).

HOW TO TAKE THIS MEDICATION: Take this medication by mouth as prescribed, usually once or twice a day.

This may be taken with food or milk if stomach upset occurs.

Be sure to follow the dosing instructions closely. Do not increase your dose, skip any doses or stop taking this without first consulting your doctor.

It is important to continue taking this medication even if you do not feel sick. Most people with high blood pressure do not have any symptoms.

SIDE EFFECTS: Infrequent side effects such as dizziness, diarrhea, stomach upset, loss of appetite, increased urination or stuffed nose may occur the first several days as your body adjusts to the medication. Other rare side effects reported include cough, headache, anxiety, sweating, change in taste sensations, and trouble sleeping. If any of these effects continue or become bothersome, inform your doctor.

Notify your doctor if you experience fever, muscle weakness, muscle aches, yellowing of the eyes or skin, confusion, depression, tingling of the fingers or toes, vision changes, dry mouth, drowsiness, frequent or painful urination, rash, swelling of the lips or face, unusual fatigue or breathing trouble.

PRECAUTIONS: Tell your doctor if you have any pre-existing kidney disease, high cholesterol, liver disease, diabetes or any allergies especially to sulfa-drugs.

This medication is not recommended for use during pregnancy or if breast-feeding. Discuss the risks and benefits with your doctor.

This medication can increase your sensitivity to the sun. Avoid prolonged sun exposure. Wear protective clothing and use a sunscreen when outdoors.

To avoid dizziness and lightheadedness when rising from a seated or lying position, get up slowly. Also limit your intake of alcoholic beverages which will aggravate these effects.

Use caution performing tasks requiring alertness if this medication causes you to feel dizzy.

DRUG INTERACTIONS: Tell your doctor of all over-the-counter or prescription medication you may take including cimetidine, phenobarbital, digoxin, lithium, antidiabetic drugs, NSAID, cholestyramine, colestipol, diazoxide and any other medication for blood pressure including water pills.

Do not take any over-the-counter medication for allergies or cough or colds without consulting your doctor or pharmacist. Many of these products contain ingredients which may interact with the effects of this medication.

Also, tell your doctor of any aspirin or aspirin-like pain or fever drugs you take or drugs that can cause kidney problems such as amphotericin, gentamicin, etc.

NOTES: Laboratory tests will be done periodically to be sure the drug is working properly and to monitor for possible side effects.

Learn to monitor your pulse and blood pressure. Talk to your health care professional about this.

MISSED DOSE: If you miss a dose, take it as soon as remembered; do not take it if it is near the time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature between 59 and 86 degrees F (15 to 30 degrees C) away from heat and light. Do not store in the bathroom.

Your condition can cause complications in a medical emergency. For information on enrollment call Medic Alert(TM) at 1-800-854-1166. In Canada call 1-800-668-1507.