

Drug Information Sheet("Kusuri-no-Shiori")

Internal

Revised: 09/2025

The information on this sheet is based on approvals granted by the Japanese regulatory authority. Approval details may vary by country. Medicines have adverse reactions (risks) as well as efficacies (benefits). It is important to minimize adverse reactions and maximize efficacy. To obtain a better therapeutic response, patients should understand their medication and cooperate with the treatment.

Brand name: TELMISARTAN Tablets 20mg 「OHARA」

Active ingredient: Telmisartan

Dosage form: white to faintly yellowish tablet, diameter: 6 mm, thickness: 2.4 mm

Imprint or print on wrapping: テルミサルタン 20 mg「オーハラ」, 20 mg,
高血圧治療薬, Telmisartan 20 mg「OHARA」



Effects of this medicine

This medicine decreases blood pressure by acting on angiotensin receptors in the blood vessels and suppressing vasoconstrictive effects of angiotensin II, which is a hypertensive substance.

It is usually used to treat hypertension.

The following patients may need to be careful when using this medicine. Be sure to tell your doctor and pharmacist.

- If you have previously experienced any allergic reactions (itch, rash, etc.) to any medicines or foods.
If you have liver disorder, poor bile secretion or diabetes mellitus.
- If you are pregnant, possibly pregnant or breastfeeding.
- If you are taking any other medicinal products. (Some medicines may interact to enhance or diminish medicinal effects. Beware of over-the-counter medicines and dietary supplements as well as other prescription medicines.)

Dosing schedule (How to take this medicine)

- Your dosing schedule prescribed by your doctor is((to be written by a healthcare professional))
- In general, for adults, take 2 tablets (40 mg of the active ingredient) at a time, once a day, but the dose will be gradually increased from 1 tablet (20 mg) at a time. The dosage may be adjusted according to the age or symptoms, but the maximum daily dose is 4 tablet (80 mg). Strictly follow the instructions.
- This medicine is influenced by meal. If you are instructed to take this medicine before meals, you should take it before each meals. If you are instructed to take this medicine after meals, you should take it after each meals.
- For patients taking this medicine before meals, if you miss a dose, take the missed dose as soon as possible. However, if it is almost time for the next dose, skip the missed dose and follow your regular dosing schedule. For patients taking this medicine after meals, if you miss a dose, have a light meal when you remember, and then take the missed dose. You should never take two doses at one time.
- If you accidentally take more than your prescribed dose, you may feel light-headed due to decreased blood pressure. Consult with your doctor or pharmacist immediately.
- Do not stop taking this medicine unless your doctor instructs you to do so.

Precautions while taking this medicine

- This medicine may cause dizziness or light headedness due to decreased blood pressure. Pay close attention when working at heights or operating dangerous machinery such as driving a car.
- This medicine cannot be used by pregnant and possible pregnant women. If you become pregnant or think you may be pregnant while taking this medicine, consult your doctor immediately.

Possible adverse reactions to this medicine

The most commonly reported adverse reactions include hypotension, dizziness, light headedness, rash, headache, itch, hives and erythema. If any of these symptoms occur, consult with your doctor or pharmacist.

The symptoms described below are rarely seen as initial symptoms of the adverse reactions indicated in brackets. If any of these symptoms occur, stop taking this medicine and see your doctor immediately.

- swelling of eyelids/lips/tongue/throat, abdominal pain, diarrhea [angioedema]
- breathing difficulty, decreased blood pressure [anaphylaxis]
- numbness of hands or lips, muscle weakness, paralysis of limbs [hyperkalemia]
- decreased urine output, edema, general malaise [renal dysfunction]
- dry cough, fever, respiratory distress (shortness of breath on exercise) [interstitial pneumonia]
- lassitude, muscle pain, brown urine [rhabdomyolysis]

The above symptoms do not describe all the adverse reactions to this medicine. Consult with your doctor or pharmacist if you notice any symptoms of concern other than those listed above.

Storage conditions and other information

- Keep out of the reach of children. Store away from direct sunlight, heat and moisture.
- Discard the remainder. Do not store them. If you do not know how to discard, seek advice of your pharmacy or

medical institution. Do not give the unused medicines to others.

For healthcare professional use only / /

For further information, talk to your doctor or pharmacist.

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