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PART III: CONSUMER INFORMATION

PrMAR- DILTIAZEM T

Diltiazem hydrochloride Extended-Release Capsules USP 120mg, 180mg, 240mg, 300mg and 360mg

Read this carefully before you start taking MAR- DILTIAZEM T and each time you get a refill. This leaflet is a summary and will not tell you everything about MAR- DILTIAZEM T. Talk to your doctor, nurse, or pharmacist about your medical condition and treatment and ask if there is any new information about MAR- DILTIAZEM T.

ABOUT THIS MEDICATION

the medication is used for:

MAR- DILTIAZEM T is used for:

- the treatment of mild to moderate **high blood pressure**.
- the management of effort associated **angina** (chest pain)

MAR- DILTIAZEM T should normally be used in those patients in whom treatment with other blood pressure reduction medications has been ineffective, or have been associated with unacceptable side effects.

What it does:

MAR- DILTIAZEM T belongs to the group of drugs called “calcium channel blockers” or “calcium antagonists”. MAR- DILTIAZEM T relaxes the arteries, thereby lowering blood pressure.

MAR- DILTIAZEM T reduces the amount of oxygen that your heart muscle needs. This helps control chest pain.

When it should not be used:

Do not use MAR- DILTIAZEM T if:

- You are pregnant or plan to become pregnant.
- You are breastfeeding.
- You have a known allergy to diltiazem or to any of the non-medicinal ingredients
- You have very low blood pressure (< 90 mmHg systolic).
- You have very slow heartbeat (40 beats/min or less)
- You have heart rhythm disorders in the absence of a pacemaker.
- You have severe heart failure with fluid in the

lungs.

- You are taking a medicine called dantrolene used for severe muscle spasms or severe fever.
- You are using ivabradine.

What the medicinal ingredient is:

Diltiazem Hydrochloride

What the nonmedicinal ingredients are:

Ethyl Cellulose, Gelatin, Hypromellose, Isopropyl alcohol, Sodium Lauryl Sulphate, Methylene Chloride, Sugar Spheres (pharma A Spheres), Titanium Dioxide, Talc, Triethyl Citrate.

Mar-Diltiazem T may also contain one or more of the following dyes: FD&C Blue #1, FD&C Red #3, FD&C Green #3, D&C Yellow #10.

What dosage forms it comes in:

Capsules: 120 mg, 180 mg, 240 mg, 300 mg and 360 mg.

WARNINGS AND PRECAUTIONS

BEFORE you use MAR- DILTIAZEM T talk to your doctor or pharmacist if:

- You have a known allergy to diltiazem or any of the non-medicinal ingredients in MAR- DILTIAZEM T.
- You have very low blood pressure.
- You have ever had a bad or unusual reaction to any drug containing diltiazem in the past.
- You have heart, liver or kidney disease.
- You had a recent heart attack.
- You have high blood sugar or diabetes.
- You are 65 years or older.
- You have a history of heart failure, new shortness of breath, slow heartbeat or low blood pressure. Cases of kidney injury in patients with such conditions have been reported.

INTERACTIONS WITH THIS MEDICATION

As with most medicines, interactions with other drugs are possible. Tell your doctor, nurse, or pharmacist about all the medicines you take, including drugs prescribed by other doctors, vitamins, minerals, natural supplements, or

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alternative medicines. Additional monitoring of your dose or condition may be needed if you are taking other drugs.

The following may interact with MAR-DILTIAZEM T:

- Antifungal medications with a name ending in azole;
- Medications used to control the immune system such as cyclosporine;
- Certain antibiotics should not be taken with MAR-DILTIAZEM T such as erythromycin, rifampin. Check with your pharmacist if you are not sure;
- Sleeping pills such as benzodiazepines (midazolam, triazolam);
- Other blood pressure medications: alpha antagonists, beta-blockers;
- Heart medications: Amiodarone, digoxin, digitalis, flecainide, nifedipine, propafenone, quinidine, verapamil, ivabradine;
- Anaesthetics;
- Lithium and imipramine used for some types of mental illness;
- Drugs that dilate the blood vessels: short and long acting nitrates;
- Medications used to control seizures: carbamazepine, phenobarbital, phenytoin;
- Warfarin used as anticoagulant;
- Cholesterol lowering medications: statins;
- Theophylline used for breathing problems;
- Terfenadine or ranitidine used for allergies;
- Medications used to control stomach ulcers such as cimetidine will increase the effects of MAR-DILTIAZEM T.
- Multivitamins with minerals (calcium-containing products).
- Drugs to treat inflammation: Corticosteroids, methylprednisolone.
- Dantrolene used for severe muscle spasms or severe fever.
- Acetylsalicylic acid (Aspirin) or antiplatelet drugs.
- X-ray contrast agents.

Alcohol may cause low blood pressure and dizziness when you go from lying or sitting to standing up. This can especially occur after the first dose and when the dose is increased. Tell your doctor if you

experience dizziness, lightheadedness, fainting, decreased blood pressure or increased heart rate.

Grapefruit juice when consumed too often while taking MAR- DILTIAZEM T may cause headache, irregular heartbeat, edema (swelling), unexplained weight gain, and chest pain. Tell your doctor if this happens to you. Your doctor may recommend that grapefruit juice be avoided if this happens to you.

PROPER USE OF THIS MEDICATION

- Do not miss doses or take extra doses, unless your doctor tells you. If you are not clear about the directions, ask your doctor or pharmacist.

Take MAR- DILTIAZEM T exactly as your doctor tells you. MAR- DILTIAZEM T is taken once a day at about the same time every day.

DO NOT chew or crush MAR- DILTIAZEM T capsules.

Usual Adult Dose:

High blood pressure

Usual starting doses: 180 to 240 mg once a day.
120 mg a day may be used in some patients.

Maximum dose: 360 mg a day.

Angina

Dosage should be individualised.

Starting dose: 120 mg to 180 mg once a day.

Dose may be slowly (over 7 to 14 days) increased up to 360 mg a day. Always follow your doctor's instructions.

Overdose:

If you think you have taken too much MAR- DILTIAZEM T, contact your healthcare professional, hospital emergency department or regional poison control centre immediately, even if there are no symptoms.

Missed Dose:

If a dose of this medication has been missed, it should be taken as soon as possible. However, if it is

IMPORTANT: PLEASE READ

almost time for the next dose, skip the missed dose and go back to the regular dosing schedule.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Side effects may include:

- Headache, dizziness, malaise;
- Nausea (feeling like vomiting);
- Flushing (facial redness) or feeling unusually warm;
- Unusual tiredness and weakness;
- Upset stomach.

MAR- DILTIAZEM T can cause abnormal blood test results. Your doctor will decide when to perform blood tests and will interpret the results.

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM

Symptom / effect		Talk with your doctor, nurse or pharmacist		Stop taking drug and seek immediate medical help
		Only if severe	In all cases	
Common	Low Blood Pressure: dizziness, fainting, light-headedness May occur when you go from lying or sitting to standing up.	✓		
	Fast, slow, or irregular heartbeat		✓	
	Peripheral edema: swelling of the ankles	✓		

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM

Symptom / effect		Talk with your doctor, nurse or pharmacist		Stop taking drug and seek immediate medical help
		Only if severe	In all cases	
Common	Respiratory tract infection: pharyngitis, rhinitis		✓	
	Allergic Reaction: rash, hives, swelling of the face, lips, tongue or throat, difficulty swallowing or breathing			✓
Uncommon	Depression: low mood, lack of interest in usual activities, change in sleep and appetite.	✓		
	Heart block: A disease in the electrical system of the heart causing lightheadedness, fainting and irregular heartbeat.			✓
	Heart Attack: shortness of breath, chest pain			✓

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SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM				
Symptom / effect		Talk with your doctor, nurse or pharmacist		Stop taking drug and seek immediate medical help
		Only if severe	In all cases	
Uncommon	Angina: Chest pain		✓	
	Heart Failure: shortness of breath, leg swelling, and exercise intolerance.		✓	
	Eye Problems: decreased vision, irritation, sore red eyes	✓		
	Increased blood sugar: frequent urination, thirst, and hunger	✓		
Rare	Liver Disorder: yellowing of the skin or eyes, dark urine, abdominal pain, nausea, vomiting, loss of appetite		✓	

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM				
Symptom / effect		Talk with your doctor, nurse or pharmacist		Stop taking drug and seek immediate medical help
		Only if severe	In all cases	
Unknown	Serious Skin Reactions (Stevens-Johnson Syndrome, Toxic Epidermal Necrolysis, hypersensitivity Syndrome): any combination of itchy skin rash, redness, blistering and peeling of the skin and /or of the lips, eyes, mouth, nasal passages or genitals, accompanied by fever, chills, headache, cough, body aches or joint pain, yellowing of the skin or eyes, dark urine.			✓

This is not a complete list of side effects. For any unexpected effects while taking MAR- DILTIAZEM T, contact your doctor or pharmacist.

HOW TO STORE IT

Store MAR- DILTIAZEM T capsules at room temperature (15-30°C). **Keep out of sight and reach of children.**

Reporting Side Effects

You can report any suspected adverse reactions associated with the use of health products to the Canada by:

- **Visiting the web page on Adverse Reaction Reporting** (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html>) **for information on how to report online, by mail or by fax; or**
- **Calling toll-free at 1-866-234-2345.**

NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.

MORE INFORMATION

If you want more information about MAR-DILTIAZEM T:

- Talk to your healthcare professional
- Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website (<https://health-products.canada.ca/dpd-bdpp/index-eng.jsp>); Marcan Pharmaceuticals Inc.'s website www.marcanpharma.com, or by calling 1-855-627-2261.

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