Valsartan, Hydrochlorothiazide Oral tablet

U.S. Trade Names
Diovan HCT
The list of names may not include all products that are available on the market.

This medicine can cause harm or death to an unborn baby. Pregnant females must not take this medicine. Talk to your healthcare provider about other ways to lower your blood pressure if you plan to become pregnant. Call your health care provider right away if you think you might be pregnant while taking this medicine.

What is this medicine?

VALSARTAN; HYDROCHLOROTHIAZIDE (val SAR tan; hye droe klor oh THYE a zide) is a combination of an angiotensin II receptor blocker and a diuretic. It treats high blood pressure.

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

What should I tell my health care provider before I take this medicine?

They need to know if you have any of these conditions:

- diabetes
- gout
- heart failure
- kidney disease
- liver disease
- lupus
- pancreatitis
- an unusual or allergic reaction to valsartan, hydrochlorothiazide, sulfa drugs, other medicines, foods, dyes, or preservatives
- pregnant or trying to get pregnant
- breast-feeding

How should I use this medicine?

Take this medicine by mouth. Take it as directed on the prescription label at the same time every day. You can take it with or without food. If it upsets your stomach, take it with food. Keep taking it unless your health care provider tells you to stop.

Talk to your health care provider about the use of this medicine in children. Special care may be needed.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once. NOTE: This medicine is only for you. Do not share this medicine with others.

What if I miss a dose?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

What may interact with this medicine?

Do not take this medicine with any of the following medications:
cidofovir
dofetilide

This medicine may also interact with the following:

- aliskiren
- ACE inhibitors, like enalapril or lisinopril
- cholestyramine
- colestipol
- digoxin
- lithium
- medicines for blood pressure
- medicines for diabetes
- medicines that relax muscles for surgery
- NSAIDs, medicines for pain and inflammation, like ibuprofen or naproxen
- potassium salts or potassium supplements
- other diuretics, especially triamterene, spironolactone, or amiloride
- steroid medicines like prednisone or cortisone

This list may not describe all possible interactions. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use. Also tell them if you smoke, drink alcohol, or use illegal drugs. Some items may interact with your medicine.

What side effects may I notice from receiving this medicine?

Side effects that you should report to your doctor or health care professional as soon as possible:

- allergic reactions (skin rash, itching or hives; swelling of the face, lips, or tongue)
- breathing problems
- gout (severe pain, redness, or swelling in joints like the big toe)
- high blood sugar (increased hunger, thirst or urination; unusually weak or tired; blurry vision)
- kidney injury (trouble passing urine or change in the amount of urine)
- low blood pressure (dizziness; feeling faint or lightheaded, falls; unusually weak or tired)

Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):

- change in sex drive or performance
- cough
- headache
- nausea, stomach upset

This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What should I watch for while using this medicine?

Visit your health care provider for regular check ups. Check your blood pressure as directed. Ask your health care provider what your blood pressure should be. Also, find out when you should contact him or her.

Do not treat yourself for coughs, colds, or pain while you are using this medicine without asking your health care provider for advice. Some medicines may increase your blood pressure.

Women should inform their health care provider if they wish to become pregnant or think they might be pregnant. There is a potential for serious side effects to an unborn child. Talk to your health care provider for more information.
You may get drowsy or dizzy. Do not drive, use machinery, or do anything that needs mental alertness until you know how this medicine affects you. Do not stand or sit up quickly, especially if you are an older patient. This reduces the risk of dizzy or fainting spells. Alcohol can make you more drowsy and dizzy. Avoid alcoholic drinks.

Talk to your health care professional about your risk of skin cancer. You may be more at risk for skin cancer if you take this medicine.

This medicine can make you more sensitive to the sun. Keep out of the sun. If you cannot avoid being in the sun, wear protective clothing and use sunscreen. Do not use sun lamps or tanning beds/booths.

Avoid salt substitutes unless you are told otherwise by your health care provider. You may need to be on a special diet while taking this medicine. Ask your health care provider. Also, find out how many glasses of fluids you need to drink each day.

Check with your health care provider if you get an attack of severe diarrhea, nausea and vomiting, or if you sweat a lot. The loss of too much body fluid can make it dangerous for you to take this medicine.

This medicine may increase blood sugar. Ask your healthcare provider if changes in diet or medicines are needed if you have diabetes.

**Where should I keep my medicine?**

Keep out of the reach of children and pets.

Store at room temperature between 20 and 25 degrees C (68 and 77 degrees F). Protect from moisture. Keep the container tightly closed. Get rid of any unused medicine after the expiration date.

To get rid of medicines that are no longer needed or have expired:

- Take the medicine to a medicine take-back program. Check with your pharmacy or law enforcement to find a location.
- If you cannot return the medicine, check the label or package insert to see if the medicine should be thrown out in the garbage or flushed down the toilet. If you are not sure, ask your health care provider. If it is safe to put in the trash, empty the medicine out of the container. Mix the medicine with cat litter, dirt, coffee grounds, or other unwanted substance. Seal the mixture in a bag or container. Put it in the trash.

**NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.**

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