

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IZARTAN CO**

ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI

S3

IGAMAKUHWEDA LOMKHIQIZO KANYE NESIMO SOMTHAMOSILINGANISO

Amaphilisi anongwengwezana **iZARTAN CO 50/12,5**

Amaphilisi anongwengwezana **iZARTAN CO 100/25**

Ngaphambi kokuba uqale ukusebenzisa iZARTAN CO 50/12,5 noma 100/25 funda ngokucophelela lonke leli pheshana lolwazi.

Ligcine leli pheshana lolwazi. Kungenzeka ukuthi kudingeke ukuba uphinde futhi ulifunde.

Uma uneminye imibuzo engeziwe, buza udokotela wakho noma usokhemisi.

IZARTAN CO iqondene nawe kuphela futhi inikezwe wena, ngakho-ke ungalokothi wabelane ngayo nabanye abantu. Kungenzeka bona ibalimaze, nakuba nabo benezimpawu ezifana nezakho.

1. OKUQUKETHWE YIZARTAN CO

Izithako zokwelapha eziyinhloko eziqukethwe lapha yi*losartan potassium* kanye ne*hydrochlorothiazide*.

Iphilisi ngalinye elinongwengwezana **iZARTAN CO 50/12,5** liqukethe *ilosartan potassium* engama-50 mg kanye ne*hydrochlorothiazide* engama-12,5 mg.

Iphilisi ngalinye elinongwengwezana **iZARTAN CO 100/25** liqukethe *ilosartan potassium* engama-100 mg kanye ne*hydrochlorothiazide* engama-25 mg.

Ezinye izithako yi*hydroxypropyl cellulose*, *hypromellose*, *lactose monohydrate*, *magnesium stearate*, *microcrystalline cellulose*, isitashi sommbila esiguquliwe saba yimpushana eyomile (*pregelatinised maize starch*), *titanium oxide*, *yellow iron oxide*.

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Amaphilisi i**ZARTAN CO** aqukethe ushukela (*ilactose monohydrate*) oyimithamo elandelayo:

ZARTAN CO 50/12,5 (70,31 mg), **ZARTAN CO 100/25** (140,61 mg)

2. IZARTAN CO ISETSHENZISELWA LOKHU:

IZARTAN CO iyinhlanganisela ye*losartan potassium* eyingxenye yeqoqwana lemithi ebizwa ngama-*angiotensin II receptor antagonists*, kanye ne*hydrochlorothiazide* okungumuthi oyidiuretic (iphilisi lamanzi). **IZARTAN CO** ivimbela ukuncipha kwemithambo yegazi, ngalokho-ke yehlise umfutho wegazi futhi yenze ngcono ukugeleza nokuhamba kwegazi. **IZARTAN CO** isetshenziselwa ukwelapha isifo esibizwa nge*hypertension* noma umfutho wegazi ophakeme.

3. NGAPHAMBI KOKUBA USEBENZISE IZARTAN CO

Ungalokothi usebenzise iZARTAN CO

- uma umzimba wakho ungezwani ne*losartan*, ne*hydrochlorothiazide*, noma uma ungezwani nanoma yisiphi esinye isithako se**ZARTAN CO** (bheka ingxenye ethi **LOKHO OKUQUKETHWE YIZARTAN CO**).
- uma umzimba wakho ungezwani neminye imithi esetshenziselwa ukwelapha izifo ezibangelwa ngamagciwane ebizwa ngama*sulphonamides* (phecelezi ama*sulfa medicines*)
- uma esikhathini esedlule uke waphathwa wumdlavuzwa ohlasela izinhlayiyana ezisengxenyeni engaphansi kwesikhumba kanye nodebe lomlomo noma uma njengamanje uphethwe yilolu hlobo lomdlavuzwa kanye/noma umdlavuzwa wesikhumba ohlasela izinhlayiyana ezisengxenyeni engaphandle kwesikhumba kanye nodebe lomlomo
- uma unomlando wokuphathwa yisifo i-*angioedema* (isifo lapho kuba nokuvuvukala okukhulu kwethishu engaphansi kwesikhumba), kungakhathalekile ukuthi ngesibangelwa wufuzo, noma esingaziwa ukuthi yini imbangela yaso, noma

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esibangelwa wukusebenzisa imithi esetshenziselwa ukuvimbela i-*angiotensin-converting enzyme* noma ukuvimbela i-*angiotensin receptor* (akumele neze uphinde futhi unikezwe le mithi)

- uma ungakwazi ukuchama noma ukukhipha umchamo
- uma uxinwe kakhulu yisifo sezinsu esinamandla
- uma uxinwe kakhulu yisifo sesibindi esinamandla
- uma unesifo sokuvaleka komgudu wenyongo, phecelezi *ibiliary obstruction* (okuyinkinga yokungaphumi kwenyongo kwingqalathi yenyongo (*gall bladder*))
- uma usebenzisa ama*Fluoroquinolones* (uhlobo oluthile lwama-antibhayothikhi) anjenge*profloxacin* noma *levofloxacin* kanyekanye ne**ZARTAN CO**, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo
- uma unanoma iyiphi inkinga yenhliziyo ephazamisa indlela esebenza ngayo inhliziyo
- uma unenkinga yokuncipha noma ukuvaleka kwemithambo yegazi eya kuzo zombili izinso noma eya ensweni eyodwa esebenzayo
- uma usebenzisa imithi esetshenziselwa ukukhuphula ukukhiqizwa komchamo okudala ukukhuphuka kwamazinga *epotassium* egazini lakho (enjenge*spironolactone*, *triamterene* noma *i-amiloride*)
- uma unesifo esibizwa nge*porphyria*
- uma unesifo i-*Addison's disease*, esibonakala ngomfutho wegazi ophansi, ukwehla/ukuncipha emzimbeni, ubuthakathaka kanye namachashazi afana nombala wethusi emzimbeni
- uma uthola ukwelashwa nge*lithium* (umuthi wokwelapha ingcindezi yengqondo)
- uma uke watshelwa ukuthi umzimba wakho unamazinga aphantsi *epotassium*, *isodium* ephantsi noma *icalcium* ephakeme, okuyinkinga engenakulungiseka ngokwelashwa
- uma unesifo sikashukela

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- uma usebenzisa amaphilisi **iZARTAN CO** kanyekanye ne-*aliskiren* (umuthi osetshenziselwa ukwelapha umfutho wegazi ophakeme), bheka isigatshana esithi **Ukusebenzisa eminye imithi ngesikhathi esifanayo neZARTAN CO**
- uma ukhulelwe noma uncelisa (bheka isigatshana esithi **Ukukhulelwa kanye nokuncelisa**)

Ungayisebenzisi ezinganeni njengoba kungaqinisekiswa ukuphepha kwayo kuzona.

Qaphela kakhulu uma usebenzisa iZARTAN CO

UMA UKHULELWE noma kwenzeka ukhulelwa kumele uyeke ukusebenzisa iZARTAN CO futhi kumele ushintshelwe emuthini ohlukile (bheka isigatshana esithi “Ungalokothi usebenzise iZARTAN CO).

Tshela udokotela wakho uma kukhona noma yikuphi kulokhu okulandelayo esimweni sakho:

- uma njengamanje usebenzisa noma yimaphi ama*fluoroquinolones*, njenge*profloxacin* noma *levofloxacin*, njengoba ukusetshenziswa kwama*fluoroquinolone* kanyekanye nama*Renin-angiotensin receptor blockers* anjenge**ZARTAN CO** kungadala ukulimala kwezinsokoxinayo futhi okunamandla, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo
- uma uke waphathwa wumdlavuzwa wesikhumba noma uma umilwa yizisihla zesikhumba ezingalindelekile (izimila zesikhumba ezingajwayelekile). Ukwelashwa nge*hydrochlorothiazide*, okusho ukwelashwa ngomuthi onjenge**ZARTAN CO**, ikakhulukazi uma usuyisebenzise isikhathi eside futhi uthatha imithamosilinganiso ephakeme, kungenzeka kukhuphule ubungozi bokuphathwa yizinhlobo ezithile zomdlavuzwa wesikhumba noma wodebe lomlomo (*non-melanoma skin cancer*).

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Sivikele isikhumba sakho singashiswa yilanga futhi singahlatshwa yimisebe yelanga enobungozi ngenkathi usebenzisa **IZARTAN CO**

- uma unenkinga yokungalingani kahle koketshezi emzimbeni ngenxa yokulahleka ngokweqile koketshezi, ukuhlanza noma isifo sohudo
- uma usebenzisa imithi yokwelapha inkinga kashukela ophakeme egazini (isifo sikashukela)
- uma unenkinga yokungasebenzi kahle kwamaphaphu noma uma unesifuba somoya
- uma unesifo igawuthi (okuyisifo esibuhlungu sokunqwabelana kwe-*uric acid* emajoyintini omzimba)
- uma unesifo esibizwa ngelupus (*systemic lupus erythematosus* okuyisifo senkinga yamasosha omzimba lapho amasosha omzimba ehlasela ngephutha amathishu omzimba aphilile. Singahlasela isikhumba, amajoyinti omzimba, izinso, ubuchopho kanye nezinye izitho zomzimba)
- uma unenkinga yezinso noma isibindi esingasebenzi kahle noma uma ufakwe inso yokufakelwa
- uma unenkinga yekholesteroli ephakeme
- uma unesifo *primary hyperaldosteronism* (isifo esihlobene nokukhiqizwa okuphakeme kwehomoni *aldosterone* yindlala *adrenal gland*, okudalwa yinkinga ekhona ngaphakathi kwale ndlala okwenza ukuthi ingasebenzi kahle)
- uma unesifo senhliziyo noma isifo sokuhluleka kwenhliziyo ukusebenza ngendlela efanele.

Qaphela kakhulu emuva kokuphuza umthamosilinganiso wokuqala we**ZARTAN CO** njengoba kungenzeka uzizwe ufikelwa yisiyezi noma inzululwane.

Ukuphuza IZARTAN CO nokudla kanye nophuzo

IZARTAN CO ungayiphuza nokudla noma uyiphuze ngaphandle kokudla.

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Ukukhulelwa kanye nokuncelisa

Ungalokothi usebenzise iZARTAN CO uma ukhulelwe, noma uma uhlela ukukhulelwa noma uma usancelisa umntwana wakho.

Uma ukhulelwe noma usancelisa umntwana wakho, bonisana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze akweluleke ngaphambi kokuba usebenzise **iZARTAN CO**.

Uma kwenzeka ukhulelwa ngenkathi usebenzisa **iZARTAN CO**, bonisana nodokotela wakho ngokushesha ukuze ayishintshe imithi yakho.

Abesifazane abasesigabeni seminyaka yokuzala nokuthola abantwana kumele basebenzise izivimbela.

Ukushayela kanye nokusebenzisa imishini

IZARTAN CO ingadala ukuthi uphathwe yisiyezi. Qaphela kakhulu ngaphambi kokushayela imoto noma kokusebenzisa umshini kuze kufike isikhathi lapho sewazi ukuthi **IZARTAN CO** ikuphatha kanjani emzimbeni.

Ulwazi olubalulekile mayelana nezinye zezithako zeZARTAN CO

IZARTAN CO iqukethe ushukela wobisi, *ilactose*. Iziguli ezinezifo zofuzo eziyivelakancane zokuhluleka komzimba ukugaya ushukela wobisi noma olunye uhlobo lukashukela olubizwa nge*galactose* akumele zisebenzise **iZARTAN CO**.

IZARTAN CO iqukethe ushukela wobisi ongaba nomthelela ekulawulekeni koshukela egazini lakho uma unesifo sikashukela.

Ukusebenzisa eminye imithi ngesikhathi esifanayo neZARTAN CO

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Kumele ngaso sonke isikhathi umazise umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona noma yimiphi eminye imithi oyisebenzisayo. (Lokhu kubandakanya nemithi eyizondlamzimba kanye nemithi yesintu.)

Mtshela udokotela wakho, ikakhulukazi uma kukhona noma yimuphi owusebenzisayo kule mithi elandelayo okungenzeka iphazamisane ne**ZARTAN CO**:

- ama*fluoroquinolones* (uhlobo oluthile lwama-antibhayothikhi) anjenge*ciprofloxacin* noma *levofloxacin* angaholela ekulimaleni kwezinsokwane okunamandla futhi okuxinayo, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo
- eminye imithi eyingxenywe yeqoqwana lemithi elifanayo (okungama-*angiotensin II receptor antagonists* noma ama-*ACE inhibitors*) yokwehlisa umfutho wegazi, njengoba kungenzeka lokhu kukhuphule amandla okusebenza e**ZARTAN CO**
- *irifampicin* (okuyi-antibhayothikhi esetshenziselwa ukwelapha ukugula okuthile okubangelwa ngamagciwane), njengoba lokhu kungenzeka kukhuphule amandla okusebenza e**ZARTAN CO**
- *fluconazole* (okungumuthi wokwelapha ukugula okuthile okubangelwa wukhunta (*fungus infections*)) njengoba lokhu kungenzeka kwehlise amandla okusebenza e**ZARTAN CO**
- ama*diuretics* onga *ipotassium* (okungamaphilisi amanzi anjenge*spironolactone* (izondlamzimba ze*potassium* kanye/noma imikhiqizo esetshenziswa esikhundleni sikasawoti equkethe *ipotassium*), *triamterene* noma *amiloride*) kanye namanye ama*diuretics* athile, angaholela ekutheni kube namazinga aphakeme e*potassium* egazini (izimpawu ezivamile zalokhu wumuzwa ongacacile kahle wokuzizwa ungaphathekile kahle/ungemnandi kahle emzimbeni, ukushaya kwenhliziyo ngamandla kanye nemisipha ebuthakathaka)
- *aliskiren* – kungenzeka ikhulise ukuba khona kwemithethelela engathandeki enjengomfutho wegazi ophansi, amazinga aphakeme e*potassium* egazini kanye

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nezinkinga zezinso kubandakanya nenkinga yokuhluleka kwezinsu ukusebenza (bheka isigatshana esithi **Ungalokothi usebenzise iZARTAN CO**)

- imithi eyizidambisizinhlungu amanon-steroidal anti-inflammatory medicines (NSAIDs) yokwelapha izinhlungu kanye nesifo i-*arthritis* (enjenge-*ibuprofen*, *indomethacin* noma i-*aspirin*), njengoba le mithi kungenzeka inciphise amandla e**ZARTAN CO** okwehlisa umfutho wegazi futhi kungenzeka iphazamise ukusebenza kwezinsu noma iyenze ibhebhetheke futhi ibe yimbi kakhulu inkinga yezinsu ekuphethe njengamanje
- utshwala noma amabarbiturates (okuyimithi enjenge*phenobarbitone*) njengoba lokhu kungenzeka kukhuphule amandla okusebenza e**ZARTAN CO**
- imithi yokwelapha isifo sikashukela kanye ne-*insulin* njengoba **iZARTAN CO** kungenzeka ikhuphule amazinga kashukela egazini lakho. Udokotela wakho kungenzeka afune ukuwushintsha umuthi wakho wesifo sikashukela (bheka isigatshana esithi **Ungalokothi usebenzise iZARTAN CO**)
- *icholestyramine* kanye ne*colestipol* (imithi esetshenziselwa ukunciphisa ikholesteroli) njengoba le mithi kungenzeka inciphise amandla okusebenza e**ZARTAN CO**. Le mithi kumele uyiphuze okungenani kusasele ihora ngaphambi kokuthi uphuze **iZARTAN CO**
- amacorticosteroids (okuyimithi esetshenziselwa ukunciphisa ukuvuvukala, ukucindezela amasosha omzimba kanye nokwelapha ngendlela ebandakanya ukufakwa kwehomoni noma kwesondlamzimba esingekho noma esishodayo emzimbeni) njengoba lokhu kungaphazamisa indlela esebenza ngayo **iZARTAN CO**
- amabeta₂-agonists (asetshenziselwa ukwelapha isifuba somoya) kungenzeka akhuphule indlela esebenza ngayo **iZARTAN CO**
- *inorepinephrine* (*noradrenaline*) (esetshenziselwa ukwelapha umfutho wegazi ophansi) njengoba **iZARTAN CO** kungenzeka iphazamise indlela osebenza ngayo lo muthi

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- imithi ebizwa ngama*sympathomimetics*, esetshenziselwa ukwelapha ukucinana noma ukuvaleka kwezimbotshana zomoya emakhaleni noma amanye amakhambi okwelapha umkhuhlane (kubandakanya leyo mithi ongayithenga ekhemisi ngaphandle kwencwadi kadokotela). **IZARTAN CO** kungenzeka iphazamise indlela esebenza ngayo le mithi
- izithambisimisipha yomzimba (isibonelo, *itubocurarine*) njengoba **IZARTAN CO** kungenzeka ikhuphule amandla okusebenza ale mithi
- *lithium* (imithi yokwelapha izinhlobo ezithile zengcindezi yengqondo) – **IZARTAN CO** ikhuphula amazinga *elithium* egazini (bheka isigatshana esithi **Ungalokothi usebenzise IZARTAN CO**)
- ama*pressor amines*, anjenge-*adrenaline* esetshenziselwa ukwelapha umfutho wegazi ophansi, ukwehla ngokweqile komfutho wegazi kangangokuthi nenhliziyo ize iyeke ukusebenza ngendlela efanele (*shock*), inkinga yokuhlukela kwenhliziyo ukusebenza ngendlela efanele, isifuba somoya noma ama-aleji
- imithi yokwelapha igawuthi (okuyi*probenecid*, *sulfipyrazone* kanye ne-*allopurinol*) njengoba **IZARTAN CO** kungenzeka inciphise amandla ayo okusebenza
- *atropine* kanye ne*biperiden* (esetshenziselwa ukwelapha isifo i*Parkinson's disease*) njengoba **IZARTAN CO** kungenzeka ikhuphule amandla ayo okusebenza
- imithi esetshenziselwa ukwelapha umdlavuza njengoba **IZARTAN CO** kungenzeka iphazamise indlela esebenza ngayo le mithi
- ama*salicylates* (anjenge-*aspirin* esetshenziselwa ukwelapha ukuvuvukala) njengoba **IZARTAN CO** kungenzeka ikhuphule amandla awo okusebenza
- *ciclosporin* (esetshenziswa kwinqubo yokufakelwa isitho somzimba) njengoba kungenzeka ikhuphule ingcuphe yokuphathwa yimithelela engathandeki enjengegawuthi

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- *imethylidopa* (esetshenziselwa ukwelapha umfutho wegazi ophakeme) kungenzeka ikhuphule ingcuphe yokuba ne-anemiya
- imithi yokulawula isigqi sokushaya kwenhliziyi (enjenge*digoxin*) kungenzeka ikhuphule ingcuphe yokuphathwa yimithelela engathandeki enjengezinkinga eziphathelene negazi kanye nesigqi sokushaya kwenhliziyi
- imithi enciphisa ikholesteroli ephakeme enjenges*simvastatin* noma *ilovastatin*
- imithi ethile yokuhlambulula isisu kungenzeka iphazamise ukuba khona komthamo okahle nofanelekile woketshezi emzimbeni
- imithi equkethe *icalcium* kungenzeka idinge ukuthi kwenziwe ukuhlolwa kwegazi okwengeziwe ngenkathi welashwa futhi kungenzeka kudingeke ukuguqulwa komthamosilinganiso ngenkathi welashwa nge**ZARTAN CO**
- imithi yokwelapha inkinga yokudlikiza komzimba ngendlela engalawuleki (enjenge*carbamazepine*) kungenzeka ikhuphule ingcuphe yokuphathwa yimithelela engathandeki futhi kungenzeka kudingeke ukuthi kwenziwe ukuhlolwa okwengeziwe ngenhloso yokubhekisisa nokuqapha isimo sakho ngokuqhubekayo ngenkathi welashwa
- imithi elalisayo, izidakamizwa kanye nokuphuza utshwala ngokweqile kungenzeka kuholele ekwehleni kakhudlwana komfutho wegazi.

Kumele futhi umazise udokotela wakho ukuthi wena usebenzisa **IZARTAN CO** uma uzoyokwenza ama-eksireyi futhi uma uzonikezwa imithi equkethe *i-iodine* ezokwenza ukuthi imithambo yegazi nezitho zomzimba kubonakale kahle ezithombeni zama-eksireyi.

IZARTAN CO kungenzeka iphazamise ukuhlolwa kokusebenza kwendlala yegilo (*thyroid*).

4. ISETSHENZISWA KANJANI IZARTAN CO

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Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela. Kumele njalo **iZARTAN CO** uyiphuze ncimishi ngendlela akuyalele ngayo udokotela wakho. Kumele ubuze udokotela wakho noma usokhemisi uma ungaqinisekile. **IZARTAN CO** yiphuze nsukuzonke ngesikhathi esifanayo, ncimishi ngendlela akuyalele ngayo udokotela wakho. Kusemqoka ukuthi uqhubeke nokusebenzisa **iZARTAN CO** uma udokotela wakho esalokhu eqhubeke njalo nokukuyalela ukuthi kumele uyisebenzise ukuze kulawulwe umfutho wakho wegazi.

Umthamosilinganiso ojwayelekile uma usaqala ukwelashwa, kanye nomthamosilinganiso ophuzwa ngokuqhubekayo, yi**ZARTAN CO 50/12,5** ephuzwa kanye nsukuzonke. Kulezo ziguli ezibonisa ukungazweli ngokugculisayo kwalo muthi emzimbeni, umthamosilinganiso ungakhushulwa uyofinyelela emaphilisini amabili e**ZARTAN CO 50/12,5** ephuzwa kanye nsukuzonke noma iphilisi elilodwa le**ZARTAN CO 100/25** eliphuzwa kanye nsukuzonke.

Kungathatha amaviki amathathu usebenzisa **iZARTAN CO** ngaphambi kokuthi ulawuleke kahle umfutho wakho wegazi.

IZARTAN CO ungayiphuza nokudla noma uyiphuze ngaphandle kokudla.

Uma ubona sengathi **iZARTAN CO** inamandla ngokweqile noma sengathi ayinawo neze amandla, tshela udokotela wakho noma usokhemisi.

Uma uphuze iZARTAN CO engaphezulu kwaleyo okumele uyiphuze:

Uma kwenzekile waphuza umthamosilinganiso oweqile, bonisana nodokotela wakho noma usokhemisi ngokushesha. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu.

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Uma kwenzekile wakhohlwa ukuphuza iZARTAN CO

Wuphuze ngokushesha lowo mthamosilinganiso ongawuphuzanga. Kodwa uma sekusondele isikhathi sokuphuza umthamosilinganiso wamaphilisi olandelayo, qhubeka uphuze umthamosilinganiso wephilisi olandelayo ngesikhathi esijwayelekile. Ungalokothi uphuze imithamosilinganiso yamaphilisi ephindwe kabili ngenhloso yokuvula isikhala semithamosilinganiso okhohliwe ukuyiphuza.

5. IMITHELELA ENGATHANDEKI OKUNGENZEKA IBE KHONA

IZARTAN CO kungenzeka ibe nemithelela engathandeki emzimbeni. Akuyona yonke imithelela engathandeki ebikiwe ye**ZARTAN CO** equkethwe kuleli pheshana lolwazi. Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa **IZARTAN CO**, bonisana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.

Uma kwenzeka noma yikuphi kulokhu okulandelayo, yeka ukusebenzisa **IZARTAN CO** futhi utshele udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe:

- ukuvuvukala kwezandla, izinyawo, amaqakala, izindebe, umlomo noma umphimbo okungenza kube nzima ukuphefumula
- ukuqubuka noma isikhumba esilumayo.

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo, kusho ukuthi kunokwenzeka ukuthi umzimba wakho awuzwananga neze ne**ZARTAN CO** oyisebenzisile.

Kungenzeka udinge usizo lokwelashwa oluphuthumayo noma ukulaliswa esibhedlela.

Tshela udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe uma ubona okunye kwalokhu okulandelayo:

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- ukuhlaselwa yisifo senhliziyo (izimpawu zalokhu ezivamile yizinhlungu noma ukungaphatheki kahle esifubeni, ingcindezi noma umuzwa wokucindezeleka esifubeni okusabalalayo kuyofinyelela ezingalweni zakho, emqaleni, emhlathini noma emhlane)
- ukushaya kwenhliziyo ngamandla noma ngesivinini esiphakeme (*tachycardia*)
- umfutho wegazi ophansi noma ukuquleka lapho usukuma uma ngezinyawo kade ulele phansi noma uhlezi (okubizwa nge-*orthostatic hypotension*/isiyezi), ukuvuvukala kwemithambo yegazi, okuvamise ukuhambisana nomqubuko esikhunjani
- ubuthakathaka emzimbeni, ukukhathala okukhulu, ukwehla/ukuncipha emzimbeni, ikhanda elibuhlungu (okuyizimpawu zesifo esibizwa nge-*vasculitis*)
- izinhlungu esifubeni (*angina*)
- ukuquleka (*syncope*)
- izinkinga zezinso (ukuphuma komchamo omncane kunalokho okujwayelekile kuwena lapho uchama), ukungasebenzi kwezinsu kahle nangendlela ejwayelekile okubandakanya nokuvuvukala kwazo
- ukuvuvukala kwamanyikwe, *ipancreatitis* (okuyisifo sokuvuvukala kwamanyikwe esibonakala ngezimpawu ezinjengezinhlungu esiswini, inhliziyu eshaya ngamandla kanye nemfiva)
- isifo *ihepatitis* (ukuvuvukala kwesibindi okuhambisana nezimpawu ezinjengesicanucanu, imfiva engenawo kakhulu amandla, izinhlungu esiswini), ukungasebenzi kwesibindi kahle nangendlela ejwayelekile (indle enombala wobumba, umchamo omnyama, ukuluma, ukuphelelwa wuthando lokudla, amehlo anombala ophuzi noma isikhumba esinombala ophuzi)
- ijondisi (isifo sokuguquka kwesikhumba namehlo kube nombala ophuzi).
- ikholesteroli ephakeme

Konke lokhu kuyimithelela engathandeki ebucayi futhi enobungozi. Kungenzeka kudingeke ukuba uthole usizo lokwelashwa oluphuthumayo.

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Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithelela engathandeki evamile ukubonakala:

- ukuhlolwa kwegazi okubonisa amazinga aphakeme esodium, ukuphelelwa amanzi emzimbeni, ukuba nenkinga edala ukulahlekelwa wuketshezi emzimbeni enjengesicanucanu, ukuhlanza, isifo sohudo
- inkinga yokungafikelwa wubuthongo nokungalali kahle
- ikhanda elibuhlungu, isiyezi, inzululwane, ubuhlungu obubangelwa wukudonseka kwemisipha esiphongweni, ezinhlangothini zekhanda kanye nangasemuva kwekhanda, izindawo ezibuhlungu lapho zithintwa noma zicindezelwa zesikhumba sekhanda, umqala kanye nemisipha yamahlombe
- izifo ezibangelwa wukutheleleka ngamagciwane komgudu wokuphefumula ophezulu, ukukhwehlela, ukucinana emakhaleni, izinkinga zokutheleleka ngamagciwane nokungasebenzi kahle kwezimbotshana zomoya emakhaleni, umphimbo obuhlungu
- ubuhlungu besisu nendawo ezungezile, ukuguquka kwendlela onambitha ngayo noma ukulahleka ngokuphelele komuzwa wokunambitha
- ubuhlungu emhlane, ubuhlungu emilenzeni, amajaqamba, inkwantshu, ubuthakathaka noma izinhlungu
- ukuzizwa ubuthakathaka futhi ukhathele
- ukuhlolwa kwegazi okubonisa amazinga ehlile epotassium.

Imithelela engathandeki engavamile ukwenzeka:

- ukuhlolwa kwegazi okubonisa ukwehla kwenani lezingqalampilo zegazi ezibomvu, izingqalampilo zegazi ezimhlophe, izinhlayiyana zegazi ezakha amahlule noma ukwehla komthamo wezinhlayiyana zegazi ezibomvu ezithwala i-oksijini
- umqubuko ongamachashazi anombala obomvu noma osabukhwebezane odalwa wukopha kwangaphakathi okuvela emithanjeni yegazi emincane

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- isifo sokuzizacisa, i-*uric acid* eningi ngokweqile egazini, igawuthi, okungabangela izinhlungu emajoyintini omzimba (*hyperuricemia*)
- izinkinga zokuguquguquka kwesimo semizwa nengqondo kanye/noma ukungalali kahle, ukudideka, ukuzizwa ungahlalisekile kahle futhi unengcindezi yengqondo, ukukhohlwa
- ikhanda elinkenkethayo, ubuthakathaka, uvalo, umuzwa onsonsothayo ezandleni, ezinyaweni noma ezindebeni zomlomo (umuzwa osanaliti ama“*pins and needles*”) okungaholela ekutheni kube nokungahambelani kahle kweminyakazo yomzimba nokusebenza kwemisipha yomzimba kanye nokufumbeka phansi (ukuwa), imilenze esindayo, ukuthuthumela
- ukufiphala kwamehlo, ukungaboni kahle emehlweni okulokhu kuqhubeke njalo nokuba kubi, ukubona sengathi izinto zinombala ophuzi
- i-*vertigo* (ukungabi nayo ibhalansi emzimbeni kanye nesiyenzi), ukukhala kwemisindo noma izihlonono ezindlebeni
- umqubuko obangelwa wukungezwani nokudla/nomuthi othile (phecelezi ama*hives*), isikhumba esilumayo, ukuvuvukala kwesikhumba, ukuqubuka, ukushintsha kombala wesikhumba ube bomvu, ukuzwela kakhulu ekukhanyeni, isikhumba esomile, isikhumba esinamabhamuza noma esixebukayo, ukuqothuka kwezinwele, ukufikelwa wukushisa okukhulu esikhunjani nasebusweni
- izinhlungu ezingalweni, ukuvuvukala nezinhlungu emajoyintini omzimba, izinhlungu emadolweni, ubuhlungu bemisipha yomzimba kanye/noma bamathambo, izinhlungu emahlombe, ukuqina kwemisipha nezicubu zomzimba, izinhlungu esinqeni, ubuthakathaka bemisipha yomzimba
- ukuchama ngokweqile ebusuku, isifo sokutheleleka ngamagciwane kumgudu womchamo, ushukela emchamweni
- izinkinga eziphathelele nokuhluleka ukuya kahle ocansini

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- imfiva, isiyezi, ubuthakathaka noma ukungahlaliseki.

Imithelela engathandeki okungaziwa ukuthi ivamise kangakanani ukwenzeka:

- ukukhathala noma ubundikindiki
- izinhlungu noma ukungaphatheki kahle esiswini, ukuvuvukala kwesisu, isisu esiqumbile, ukugcwala komoya esiswini (umsuzo), ukuqunjelwa, ukusuza ngokweqile, izinhlungu esiswini, ukuqina nokudonseka kwemisipha yesisu okubuhlungu, umlomo owomile, ukuvuvukala kwendlala yamathe, inkinga yokungagayeki kahle kokudla, isifo sohudo
- umdlavuza wesikhumba kanye nodebe lomlomo (*non-melanoma skin cancer*), ohambisana nezimila zesikhumba ezingajwayelekile, amaqhubu noma izilonda ezindebeni zomlomo ezingapholi futhi ezibeleselayo isikhathi eside.

Uma ubona noma yimiphi eminye imithelela engathandeki engabhalwe kuleli pheshana lolwazi, tshela udokotela wakho noma usokhemisi.

6. UKUGCINWA NOKUL AHLWA KWEZARTAN CO

Yigcine ezingeni lokushisa elingama-25 °C noma ngaphansi kwalokho.

Yivikele ekukhanyeni nomswakama.

Ungawakhiphi amaphilisi kwibhokisana afakwe kulona kuze kufike isikhathi lapho sekudingeka ukuba uwasebenzise.

YONKE IMITHI KUMELE UYIGCINE ENDAWENI EZINGAFINYELELI KUYONA IZINGANE.

Ungawasebenzisi emuva kosuku lokuphelelwa kwawo yisikhathi olubhalwe kwibhokisana lawo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga ukuze ilahlwe ngendlela ephaphile. Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni

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zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

7. UKWETHULWA KWEZARTAN CO

IZARTAN CO 50/12,5 kanye ne**ZARTAN CO 100/25** kufakwe kwizingqwenjana eziyizigcinamaphilisi ze-*aluminium* ezinombala osiliva/ezibonisa ngokucacile lokho okungaphakathi ezakhiwe ngePVC/PE/PVDC eziqukethe amaphilisi ayi-10. Izingqwenjana eziyizigcinamaphilisi eziyimisweswana ezintathu zigcinwe kwibhokisana elinombhalo ngaphandle (amaphilisi angama-30).

8. UKUHLONZWA KWEZARTAN CO

ZARTAN CO 50/12,5: Ingamaphilisi ayindingilizi, anongwengwezana olunombala ophuzi, anobubanzi obungama-7,5 mm.

ZARTAN CO 100/25: Ingamaphilisi ayindingilizi, anongwengwezana olunombala ophuzi, anobubanzi obungama-10,5 mm.

9. IZINAMBA ZOKUBHALISWA

ZARTAN CO 50/12,5: A42/7.1.3/1068

ZARTAN CO 100/25: A42/7.1.3/1069

10. IGAMA, IKHELI LENKAMPANI KANYE NENAMBA YOCINGO YOMNIKAZI

WESITIFIKETI SOKUBHALISWA

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**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IZARTAN CO**

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11. USUKU LOKUSHICILELWA

Usuku lokubhaliswa: 05 Ncwaba 2011

Usuku lokugunyazwa kwakamuva: 31 Ntulikazi 2019

NAMIBIA:

ZARTAN CO 50/12,5: NAM 12/7.1.3/0070

ZARTAN CO 100/25: NAM 12/7.1.3/0071