

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI

S3

IGAMAKUHWEDA LOMKHIQIZO KANYE NESIMO SOMTHAMOSILINGANISO

Iphilisi iPEARINDA PLUS 2

Iphilisi iPEARINDA PLUS 4

Ngaphambi kokuba uqale ukusebenzisa iPEARINDA PLUS 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.
- IPEARINDA PLUS iqondene nawe kuphela futhi inikezwe wena, ngakho-ke ungalokothi wabelane ngayo nabanye abantu. Kungenzeka bona ibalimaze, nakuba nabo benezimpawu ezifana nezakho.

1. OKUQUKETHWE YIPEARINDA PLUS

Izithako zokwelapha eziyinhloko eziqukethwe lapha yi*perindopril tert-butylamine* kanye ne-*indapamide*.

PEARINDA PLUS 2: Iphilisi ngalinye liqukethe *iperindopril tert-butylamine* engama-2 mg kanye ne-*indapamide* ewu-0,625 mg.

PEARINDA PLUS 4: Iphilisi ngalinye liqukethe *iperindopril tert-butylamine* engama-4 mg kanye ne-*indapamide* eyi-1,25 mg.

Ezinye izithako yi*magnesium stearate*, *microcrystalline cellulose* kanye ne*silica colloidal anhydrous*.

PEARINDA PLUS 2: Iqukethe ushukela (*ilactose monohydrate* engama-64,155 mg ephilisini ngalinye).

PEARINDA PLUS 4: Iqukethe ushukela (*ilactose monohydrate* engama-61, 530 mg ephilisini ngalinye).

2. IPEARINDA PLUS ISETSHENZISELWA LOKHU

IPEARINDA PLUS iyinhlanganisela yezithako zokwelapha ezimbili, okuyi*perindopril tert-butylamine*

IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS

kanye ne-*indapamide*. Isetshenziselwa ukwelapha umfutho wegazi ophakeme (*hypertension*).

lperindopril iyingxenye yeqoqwana lemithi ebizwa ngama-*ACE inhibitors* (*angiotensin converting enzyme inhibitors*). Isebenza ngokuvimbela i-*ACE*, okuyisikhuthazalushintsho esibandakanyekayo ekunciphiseni imithambo yegazi futhi okudala ukunqwabelana nokugcwala kwesodium kanye noketshezi emzimbeni okwenziwa yizinso. Lokhu kwenza ukuthi imithambo yegazi ithambe, okuvumela ukuthi igazi ligeleze ngokukhululeka futhi ngomfutho ophansi, futhi okukhuphula amandla enhliziyu okupompa igazi maqondana nezinhlobo ezithile zokuhluleka kwenhliziyu ukusebenza ngendlela efanele.

I-*indapamide* iyidiuretic (okuyiphilisi kwesinye isikhathi elibizwa ngephilisi lamanzi). Amadiuretics asebenza ngokuthi enze ukuthi izinso zikhiphe umchamo othe xaxa emzimbeni. Zombili izithako zokwelapha eziyinhloko zinciphisa umfutho wegazi futhi zisebenza ngokubambisana ngenhloso yokulawula umfutho wegazi.

3. NGAPHAMBI KOKUBA USEBENZISE IPEARINDA PLUS

Ungalokothi usebenzise IPEARINDA PLUS

- uma umzimba wakho ungezwani ne*perindopril tert-butylamine*, noma uma ungezwani nanoma iyiphi enye i-*ACE inhibitor*, noma ungezwani ne-*indapamide* noma ungezwani nanoma iyiphi *isulphonamide* noma ungezwani nanoma yiziphi ezinye izithako zePEARINDA PLUS (bheka isigatshana esithi LOKHO OKUQUKETHWE YIPPEARINDA PLUS)
- uma uke waba nezimpawu ezinjengokuvuvukala kobuso, ulimi noma umphimbo, ukubefuzela, ukuqubuka esikhunjeni, ukuluma okukhulu, isiyenzi noma ukuquleka ngenxa yokwelashwa kwakho esikhathini esedlule nge-*ACE inhibitor* noma nge-*Angiotensin receptor blocker* (ARB) noma ngerenin inhibitor noma uma uke waba nalezi zimpawu kunoma yiziphi ezinye izimo (isifo esibizwa nge-*angioedema*)
- uma unenkinga yokuncipha komthambo wegazi omkhulu osuka enhliziyweni (*aortic stenosis*), *imitral valve stenosis* noma isifo somsipha wenhliziyu (*ihypertrophic cardiomyopathy*) noma ukuncipha komthambo ophakela inso ngegazi (*irenal artery stenosis*)

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

- xhumana nodokotela wakho ukuze abuyekeze kabusha imithi akwelapha ngayo uma welashwa ngama-*ACE inhibitors/Angiotensin receptor blockers* kanyekanye ne-antibhayothikhi ewuhlobo lwe*fluoroquinolone* enjenge*ciprofloxacin, gemifloxacin, levofloxacin, moxifloxacin* kanye ne*norfloxacin*
- uma unenkinga yokugula okungalawulekile kahle kokuhluleka kwenhlinziyo ukusebenza ngendlela efanele
- uma uxinwe kakhulu yisifo sezinsu esinamandla
- uma usebenzisa ama*diuretics* ayongayo i*potassium* anjenge*spironolactone, triamterene* kanye ne-*amiloride*
- uma une*porphyria* (inkinga eyivelakancane ephathelene negazi)
- uma unenkinga yesifo esiphathelene nezindlala zakho ama-*adrenal glands* esibizwa nge-*Addison's disease*
- uma umzimba wakho unamazinga aphansi e*potassium*
- uma uxinwe kakhulu yisifo sesibindi esinamandla
- uma usebenzisa *lithium* (ukwelapha izinkinga zesimo sengqondo nomphfumulo)
- uma ukhulelwe noma uncelisa (bheka isigatshana esithi Ukukhulelwa kanye nokuncelisa)
- uma usebenzisa i-*aliskiren* (okuyi*renin inhibitor* enciphisa umfutho wegazi).

IPEARINDA PLUS akumele inikezwe izingane.

Qaphela kakhulu uma usebenzisa iPEARINDA PLUS

Ukuba khona kokunye ukugula emzimbeni kungaba nomthelela ekusetshenzisweni kwePEARINDA PLUS. Tshela udokotela wakho, usokhemisi noma umhlinzeki wosizo lwezempilo nokwelashwa ngaphambi kokuba usebenzise iPEARINDA PLUS:

- xhumana nodokotela wakho ukuze abuyekeze imithi akwelapha ngayo uma welashwa ngama*ACE inhibitors/Angiotensin receptor blockers* kanyekanye ne-antibhayothikhi ewuhlobo lwe*fluoroquinolone* enjenge*ciprofloxacin, gemifloxacin, levofloxacin, moxifloxacin* kanye ne*norfloxacin*

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

- uma ukhulelwe noma uma kwenzeka ukhulelwa kumele uyeke ukusebenzisa iPEARINDA PLUS futhi kumele ushintshelwe emuthini ohlukile (bheka isigatshana esithi Ungalokothi usebenzise iPEARINDA PLUS)
- uma unezinkinga zenhliziyo noma isifo sokuhluleka kwenhliziyo ukusebenza ngendlela efanele noma inkinga ephathelene nenso yakho
- uma uphelelwa amanzi emzimbeni (*volume depleted*), isibonelo, uma kade uhlanza, noma uma kade unesifo sohudo noma ujuluka kakhulu, noma uma ungaphansi kohlelo lokuhlanzwa kwegazi ngomshini ngenxa yokungasebenzi kahle kwezinsu
- uma usebenzisa izondlamzimba ze*potassium*, imikhiqizo esetshenziswa esikhundleni sikasawoti equkethe *ipotassium* kanye namadiuretics ayongayo *ipotassium*
- uma ungaphansi kohlelo lokudla ukudla okungenawo usawoti (bheka isigatshana esithi Ukusebenzisa eminye imithi ngesikhathi esifanayo nePEARINDA PLUS)
- uma unesifo sokuhluleka kwesibindi ukusebenza kahle
- uma unezinkinga eziphazamisa ukuphakelwa kwegazi ebuchosheni bakho (isifo senkinga yemithambo yegazi ebuchosheni nokugeleza kwegazi *icerebrovascular disease* esinjenge-*atherosclerosis*) noma isifo esiphazamisa ukuphakelwa kwegazi enhliziyweni (*ischaemic heart disease*)
- uma uphethwe yisifo sikashukela esingalawulekile kahle
- uma uphethwe yisifo se*collagen* esinjenge*systemic lupus erythematosus* noma *scleroderma*
- uma kamuva nje usanda kufakelwa insu
- uma unenkinga yokucindezeleka komnkantsha
- uma unenkinga i*hyperparathyroidism* (okusho ukusebenza ngokweqile kwendlala i*parathyroid gland*)
- uma uphethwe yisifo igawuthi.

Kungenzeka udokotela akuhlale njalo futhi ngokuqhubekayo ukusebenza kwezinsu zakho, umfutho wegazi kanye nomthamo wama-*electrolytes* (isibonelo, umthamo we*potassium* egazini lakho).

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

Kumele amazise udokotela wakho, usokhemisi noma omunye umhlinzeki wosizo lwezempilo nokwelashwa ukuthi wena usebenzisa iPEARINDA PLUS

- uma ucabanga ukuthi mhlawumbe ukhulelwe, noma kungenzeka ukhulelwe, njengoba iPEARINDA ingakulungele neze ukusetshenziswa ngowesifazane okusaphele isikhathi esincane ekhulelwe ngoba uma isetshenziswa kulesi sigaba sokukhulelwa kungenzeka idale umonakalo omubi kakhulu emntwaneni (bheka isigatshana esithi Ukukhulelwa kanye nokuncelisa)
- uma uzohlinzwa noma uzonikezwa umuthi olalisayo ukuze ungazizwa izinhlungu lapho uhlinzwa
- uma ungumuntu wohlanga olumnyama njengoba usengcupheni enkulu yokuphathwa yi-*angioedema* futhi iPEARINDA PLUS kungenzeka ingabi namandla kahle ekwehliseni umfutho wakho wegazi uma kuqhathaniswa neziguli okungezona ezohlanga olumnyama
- uma kuzokwenziwa kuwena inqubo yokususa ikholesteroli egazini lakho kusetshenziswa umshini (*LDL apheresis*)
- uma uzothola ukwelashwa ngenhloso yokunciphisa imithelela ye-aleji edalwe wukutinyelwa yinyosi noma umnyovu
- uma unanoma yiziphi izimpawu zokutheleleka ngesifo ezinjengomphimbo obuhlungu, imfiva kanye nokuqhaq hazela okubangelwa ukuzwa amakhaza (izimpawu ze*neutropenia* noma i-*agranulocytosis*, lapho umnkantsha ungakhiqizi izingqalampilo zegazi ezimhlophe ezanele ezilekelela ekulwisaneni nokutheleleka ngesifo)
- uma uba nenkinga yokopha ezinsinini zakho noma emakhaleni, inkinga yegazi emchameni wakho noma endleni yakho, noma uma uhuzuka kalula (umthamo wamaplathelethi ophansi, phecelezi i*thrombocytopenia*, eholela ekutheni kube nezinkinga zokuhluleka kwegazi ukujiya liphenduke amahlule)
- uma ubukeka uphaphathekile ebusweni, uma uzizwa ukhathale noma unesiyezi futhi uphelelwa wumoya (iphika) ngenxa ye-anemiya (ukuncipha kwezingqalampilo zegazi ezibomvu noma i*haemoglobin* egazini)
- uma uphathwa wukukhwehlela okomile ngenkathi usebenzisa iPEARINDA PLUS njengoba lo muthi unokuhlobana okuthile nokukhwehlela okomile okubeleselayo

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

- uma uke watshelwa ngudokotela ukuthi wena unamazinga aphansi esodium noma *epotassium* egazini lakho noma amazinga aphakeme ecalcium egazini lakho
- uma uba nenkinga yokuzwela kakhulu kwesikhumba elangeni (*photosensitivity*)
- uma ungumsubathi, njengoba ukusebenzisa iPEARINDA PLUS, kungaholela emiphumeleni yokuhlolwa ebonisa ukuthi kukhona okuthile okusebenzisile okuyisikhuthazi.

Ukuphuza iPEARINDA PLUS nokudla kanye nophuzo

Kunconywa ukuthi iPEARINDA PLUS iphuzwe kanye ngosuku emuva kokudla.

Gwema ukuphuza utshwala. Ukuphuza utshwala kanyekanye nePEARINDA PLUS kungawehlisa kakhudlwana umfutho wakho wegazi futhi lokho kungakwenza uzizwe unesiyenzi noma inzululwane.

Ukukhulelwa kanye nokuncelisa

Akumele usebenzise iPEARINDA PLUS uma ukhulelwe noma usancelisa umntwana wakho (bheka isigatshana esithi Ungalokothi usebenzise iPEARINDA PLUS). IPEARINDA PLUS akumele isetshenziswe ngowesifazane okusaphele isikhathi esincane ekhulelwe, futhi akumele isetshenziswe ngowesifazane osekuphele izinyanga ezingaphezu kwezintathu ekhulelwe, ngoba kungenzeka idale umonakalo omkhulu emntwaneni uma isetshenziswa emuva kwenyanga yesithathu yokukhulelwa. Uma ukhulelwe noma usancelisa umntwana wakho, bonisana nodokotela wakho, usokhemisi noma omunye umhlinzeki wosizo lwezempilo nokwelashwa ngaphambi kokuba usebenzise iPEARINDA PLUS.

Ukushayela kanye nokusebenzisa imishini

Kungenzeka uphathwe yisiyezi noma inzululwane ngenkathi usebenzisa iPEARINDA PLUS. Ungalokothi ushayele imoto noma usebenzise umshini noma wenze noma yini enye engaba yingozi kuze kufike isikhathi lapho usubonile ukuthi iPEARINDA PLUS ikuphatha kanjani.

Ulwazi olubalulekile mayelana nezinye zezithako zePEARINDA PLUS

IPEARINDA PLUS iqukethe ushukela wobisi, *lactose*. Iziguli ezinezifo zofuzo eziyivelakancane

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

zokuhluleka komzimba ukubekezelela nokugaya ushukela *igalactose*, isibonelo, *igalactosaemia* noma *iglucoase-galactose malabsorption* akumele zisebenzise iPEARINDA PLUS. IPEARINDA PLUS iqukethe ushukela wobisi ongaba nomthelela ekulawulekeni koshukela egazini lakho uma unesifo sikashukela.

Ukusebenzisa eminye imithi ngesikhathi esifanayo nePEARINDA PLUS

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

Ukwelashwa ngePEARINDA PLUS kungaphazamiseka ngenxa yokusebenzisa le mithi elandelayo. Udokotela wakho kungenzeka kudingeke ukuthi awuguqule umthamosilinganiso wakho futhi/noma athathe ezinye izinyathelo zokukuvikela nokuqinisekisa ukuphepha kwakho. Le mithi ibandakanya:

- xhumana nodokotela wakho ukuze abuyekeze imithi akwelapha ngayo uma welashwa ngama-*ACE inhibitors/ Angiotension receptor blockers* kanyekanye ne-antibhayothikhi ewuhlobo *lwefluoroquinolone* enjenge*ciprofloxacin, gemifloxacin, levofloxacin, moxifloxacin* kanye ne*norfloxacin*
- *lithium* (yokwelapha *mania* kanye nengcindezi yengqondo)
- imithi yokwelapha isifo sikashukela enjenge-*insulin* noma *imetformin* kungenzeka iwehlise kakhudlwana amazinga kashukela egazini uma isetshenziswa kanyekanye nePEARINDA PLUS
- *ibaclofen* (yokwelapha ukuqina kwemisipha yomzimba okwenzeka ezifweni ezinjenge*multiple sclerosis*) ingadala ukuthi umfutho wegazi wehle kakhulu kunokwejwayelekile
- eminye imithi yokwelapha umfutho wegazi ophakeme, kubandakanya ama*diuretics* (amaphilisi amanzi) kungenzeka iwehlise kakhudlwana umfutho wakho wegazi uma isetshenziswa kanyekanye nePEARINDA PLUS
- eminye imithi eyehlisa umfutho wegazi kungenzeka iwakhuphule amandla ePEARINDA PLUS okwehlisa umfutho wegazi
- imithi esetshenziselwa ukwelapha ukugula kwengqondo, okunjengengcindezi yengqondo, itwetwe nexhala, *ischizophrenia* (ama*tricyclic antidepressants*, nama*neuroleptics*) kungenzeka

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

iwehlise kakhudlwana umfutho wakho wegazi uma isetshenziswa kanyekanye nePEARINDA PLUS

- *amacorticosteroids*, anjenge*prednisone* esetshenziselwa ukwelapha izifo ezihlukahlukene kubandakanya nesifuba somoya esinamandla kanye ne*rheumatoid arthritis*, *itetracosactide* (yokwelapha i*Crohn's disease*) kungenzeka anciphise amandla okusebenza kwePEARINDA PLUS futhi kungenzeka anciphise namazinga *epotassium* egazini lakho
- ama*Non-Steroidal Anti-inflammatory Drugs (NSAIDs)* kanye ne-*indomethacin* kunciphisa amandla ePEARINDA PLUS okwehlisa umfutho wegazi
- izondlamzimba ze*potassium*, imikhiqizo esetshenziswa esikhundleni sikasawoti equkethe *ipotassium*, kanye namadiuretics (amaphilisi amanzi) ayongayo *ipotassium* anjenge*spironolactone*, *triamterene* noma *i-amiloride*
- *i-aliskiren* (umuthi oyidirect *renin inhibitor*) ingaholela emfuthweni wegazi ophansi, amazinga *epotassium* aphantsi kanye nokuncipha kokusebenza kwezinsu uma isetshenziswa kanyekanye nePEARINDA PLUS
- uma uzohlinzwa noma uma uzodinga ukuthi ulaliswe ngomuthi olalisayo ukuze ungabuzwa ubuhlungu ngenkathi uhlinzwa, njengoba kungenzeka akhuphuke amandla omuthi olalisayo
- *i-allopurinol* (yokwelapha igawuthi), imithi ecindezela amasosha omzimba esetshenziselwa ukwelapha inkinga yamasosha omzimba lapho amasosha omzimba ehlasela ngephutha amathishu omzimba aphilile noma imithi esetshenziswa kulandela ukufakelwa isitho somzimba ngenhloso yokuvimbela ukwalana komzimba nesitho lesa esifakiwe, kanye nemithi yokwelapha umdlavuzwa njengoba, kungenzeka ikhuphule ubungozi bokutheleleka ngesifo ngenxa yokuncipha kwezingqalampilo zegazi ezimhlophe uma le mithi isetshenziswa kanyekanye nePEARINDA PLUS
- osawoti begolide (*gold salts*), ikakhulukazi uma befakwa emzimbeni ngedriphu ngenhloso yokwelapha *irheumatoid arthritis* bangadala ukuthi ube nenkinga yokuguquka ngokushesha kobuso bube bomvu, isicanucanu, ukuhlanza kanye nomfutho wegazi ophansi uma besetshenziswa kanyekanye nePEARINDA PLUS

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

- imithi enciphisa amazinga *epotassium* egazini kubandakanya nemithi ehlambulula isisu eyizikhuthazimathumbu enjengesenna, *amphotericin B* (yokwelapha izifo ezibangelwa wukhunta (*fungal diseases*)) kungenzeka inciphise amazinga *epotassium* egazini lakho
- osawoti becalcium uma besetshenziswa kanyekanye nePEARINDA PLUS bangadala ukukhuphuka kwamazinga *ecalcium* njengoba kuba nokwehla komthamo wecalcium ephumayo emzimbeni esemchameni
- imithi yokwelapha ukuvaleka kwezimbotshana zomoya emakhaleni noma ukucinana emakhaleni, umkhuhlane, umfutho wegazi ophansi, *iglaucoma shock* noma isifuba somoya enjengenoradrenaline, *adrenaline*, *phenylephrine*, *brimonidine* kanye ne*salbutamol* kungenzeka inciphise amandla ePEARINDA PLUS okwehlisa umfutho wegazi
- uma wenza ukuhlolwa kwezokwelapha okudinga ukuthi ujoywe ngoketshezana olukhethekile oluzokwenza ukuthi izitho zakho ezinjengezinso noma isisu kubonakale kahle ezithombeni ze-eksireyi (*iodinated contrast agent*)
- *imetformin* (yokwelapha isifo sikashukela) ingadala *ilactic acidosis*, ukunqwabelana nokugcwala *kwelactic acid* emzimbeni okungakwenza uzizwe unesicanucanu noma ubuthakathaka
- imithi yokuvimbela ukujiya kwegazi libe ngamahlule enjenge*coumarin*, *indandione* kanye ne*warfarin* kungenzeka inciphise amandla ePEARINDA PLUS okwehlisa umfutho wegazi uma isetshenziswa kanyekanye nayo
- *idigoxin* (yokwelapha izinkinga zenhliziyi) ingaba nemithelela enobungozi uma ephansi amazinga *epotassium* egazini lakho
- imithi yokwelapha izinkinga zesigqi senhliziyo edala i“*torsades de pointes*” (ukushaya kwenhliziyo ngesigqi esingahambelani kahle), enjenge*procainamide*, *sotalol*, *digoxin*, *quinidine*, *hydroquinidine*, *disopyramide*, *amiodarone* ingakhuphula ubungozi be*dysrhythmias* (ukushaya kwenhliziyo ngesigqi esingahambelani kahle) uma ephansi amazinga *epotassium* egazini lakho
- ama*neuroleptics* athile (asetshenziselwa ukwelapha ukugula kwengqondo) anjenge*chlorpromazine*, *trifluoperazine*, *pimozide*, *sulpiride*, *tiapride* kanye ne*haloperidol*

IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS

angabangela ukushaya kwenhliziyo ngesigqi esingahambelani kahle uma kunamazinga aphantsi *epotassium* egazini

- imithi enjenge*bepriidil* (yokwelapha izinhlungu esifubeni), *i-intravenous erythromycin* (eyi-antibhayothikhi), *ihalofantrine* (yokwelapha izinhlobo ezithile zikamalaleveva) kanye *nepentamidine* (yokwelapha izinhlobo ezithile zesifuba samakhaza, inyumoniya), *ivimcaine* (yokwelapha izinkinga zobuchopho kubantu asebekhulile ngokweminyaka) kanye *nemethadone* ingadala ukushaya kwenhliziyo ngesigqi esingahambelani kahle uma unepotassium ephantsi egazini lakho
- iPEARINDA PLUS ingadala amazinga aphantsi *epotassium* egazini uma isetshenziswa kanyekanye nemithi esetshenziselwa ukwelapha ukukhubazeka kwemisipha yomzimba ngenkathi kwenziwa inqubokwelapha yokulekelela isiguli ngomshini ukuthi siphefumule noma ngenkathi sihlinzwa okungaholela ekutheni kukhuphuke ukukhubazeka kwemisipha yomzimba
- *iciclosporin* ingadala ukuphakama kwamazinga *ecreatinine*, okubonisa ukuthi mhlawumbe kunezinkinga zezinso okungenzeka ukuthi zikhona.

4. ISETSHENZISWA KANJANI IPEARINDA PLUS

Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela.

Kumele njalo iPEARINDA PLUS uyiphuze ncimishi ngendlela akuyalele ngayo udokotela wakho. Kumele ubuze udokotela wakho noma usokhemisi uma ungaqinisekile. Udokotela wakho uzokutshela ukuthi kuzothatha isikhathi eside kangakanani ukwelashwa kwakho. Uma ubona sengathi iPEARINDA PLUS inamandla ngokweqile noma sengathi ayinawo neze amandla, tshela udokotela wakho noma usokhemisi.

Umthamosilinganiso ojwayelekile wePEARINDA PLUS yiphilisi elilodwa eliphuzwa kanye njalo ngosuku ekuseni ngaphambi kokudla.

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

Iphilisi ligwinye ngengilazi yamanzi, futhi kungaba kuhle uma uligwinya ngesikhathi esifanayo nsukuzonke. Udokotela wakho uzothatha isinqumo maqondana nomthamosilinganiso ofanelekile olungele wena.

Renal insufficiency (ukuhluleka kwezinsu ukwenza umsebenzi wazo ngendlela efanele)

Xoxa nodokotela wakho uma uphethwe yisifo sezinsu ukuze uthole ulwazi lokuthi kumele uyisebenzise kanjani iPEARINDA PLUS njengoba kungenzeka ukuthi le mithamosilinganiso engenhla ingakulungeli wena.

IPEARINDA PLUS ayikulungele ukusetshenziswa ezinganeni.

Uma uphuze iPEARINDA PLUS engaphezulu kwaleyo okumele uyiphuze

Uma kwenzekile waphuza umthamosilinganiso oweqile, bonisana nodokotela wakho noma usokhemisi. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu. Ngenkathi uyobonisana nodokotela, phatha leli pheshana lolwazi kanye nanoma yimaphi amaphilisi akho asele ukuze azi ukuthi yimaphi amaphilisi owasebenzisile.

Uma kwenzeka ukhohlwa ukuphuza umthamosilinganiso wePEARINDA PLUS

Kusemqoka ukuthi uyiphuze nsukuzonke iPEARINDA PLUS. Kodwa uma kwenzekile wakhohlwa ukuphuza umthamosilinganiso owodwa noma ngaphezulu, ngokushesha emuva kokukhumbula, wuphuze lowo mthamosilinganiso ongawuphuzanga, bese emuva kwalokho uqhubeka uphuze iphilisi elilandelayo ngesikhathi esijwayelekile. Ungalokothi uphuze imithamosilinganiso ephindwe kabili ngenhloso yokuvula isikhala semithamosilinganiso okhohliwe ukuyiphuza.

5. IMITHELELA ENGATHANDEKI OKUNGENZEKA IBE KHONA

IPEARINDA PLUS kungenzeka ibe nemithelela engathandeki emzimbeni.

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

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

- ukuvuvukala kwezandla, izinyawo, amaqakala, ubuso, izindebe, umlomo noma umphimbo okungenza kube nzima ukugwinya noma ukuphefumula
- ukuqubuka esikhunjeni, isikhumba esilumayo
- isiyezi noma ukuquleka
- *itoxic epidermal necrolysis* (isifo sesikhumba esiyivelakancane ezingambulala nokumbulala umuntu).

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo, kusho ukuthi kunokwenzeka ukuthi umzimba wakho awuzwananga neze nePEARINDA PLUS. 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:

- umuzwa wokucindezeleka esifubeni, ukubefuzela kanye nokuphelelwa wumoya (iphika)
- ukushaya kwenhliziyi ngesigqi esingahambelani kahle, izinhlungu esifubeni
- ingcindezi engemnandi neze, umuzwa wokucindezeleka nokukhameka, umuzwa wokugcwala noma izinhlungu maphakathi nesifuba sakho (ukuhlaselwa yisifo senhliziyi) noma ubuso obulengayo, ingalo ebuthakathaka, ukukhuluma unambuluke futhi unkwankwaze kungazwakali kahle okushoyo (isifo sohlangothi)
- ukukhwehlela
- inzululwane ngenxa yomfutho wegazi ophansi
- isifo sokuguquka kwesikhumba namehlo kube nombala ophuzi (ijondisi), ukuvuvukala kwesibindi
- ukulahleka kakhulu koketshezi noma kwegazi emzimbeni ngenxa yokusikeka noma ngenxa yamanxeba amabi, ukulimala, ukophela ngaphakathi, ukuphathwa yisifo sohudo isikhathi eside noma ngokweqile, ukuhlanza ngokweqile noma ukujuluka.

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

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

Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithelela engathandeki evamile ukubonakala:

- ubuthakathaka, amajaqamba emisipheni yengalo noma yomlenze, ukunsonsotha noma ubundikindiki (amazinga aphansi *epotassium*)
- ukukhathala
- isifo sohudo, isicanucanu, ubuhlungu esiswini nendawo ezungeze isisu, inkinga yokungagayeki kahle kokudla, ukuhlanza, ukuqunjelwa, isisu esibuhlungu kakhulu, izinguquko kumuzwa wakho wokunambitha, umlomo owomile, isifo sokuzizacisa
- umzimba obuthakathaka ngendlela engajwayelekile noma ukungabi namandla.

Imithelela engathandeki engavamile ukwenzeka

- i-anemiya (isikhumba esiphaphathekile, ukukhathala, isiyenzi, ukuphelelwa wumoya (iphika))
- *ithrombocytopenia* (ukopha ezinsinini noma emakhaleni, igazi emchameni noma endleni, ukuhuzuka kalula)
- izinkomba zokutheleleka ngesifo ezinjengomphimbo obuhlungu, imfiva kanye nokuqhaqhaazela okubangelwa ukuzwa amakhaza) (*i-agranulocytosis* kanye *neneutropenia*)
- amazinga aphansi *esodium* (ikhanda elibuhlungu, isicanucanu, ukuhlanza, ukukhathala, inkwantshu, ukudlikiza komzimba ngendlela engalawuleki)
- ukukhathala kakhulu noma ubuthakathaka, ubundikindiki noma umuzwa onsonsothayo, isicanucanu noma ukuhlanza, izinhlungu esifubeni, ama*palpitations* noma ukushaya kwenhliziyo ngesigqi eseqayo futhi esingahambelani kahle (amazinga aphakeme *epotassium*)
- ikhanda elibuhlungu, isiyenzi, amajaqamba, kanye nobuthakathaka
- ukuphazamiseka kokusebenza kahle kwamehlo nokubona
- ukuvuvukala kwamanyikwe kanye nesibindi (izinhlungu esiswini, imfiva, isicanucanu)

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

- *i-alopecia* (izibhadu zokuqothuka kwezinwele), *ipsoriasis* (isifo sesikhumba esiyisimbelambela esidala izibhadu ezilumayo noma ezibuhlungu zesikhumba esiwugqinsi esibomvu esinezimpephelezi ezibukeka njengombala osiliva, isikhumba esizwelayo ekukhanyeni)
- izinkinga zezinso (ukuvuvukala kwamaqakala, izinyawo noma izandla, ukwehla/ukuncipha emzimbeni, ukungakuthandi ukudla)
- ukungavuki kwenduku kowesilisa.

Imithelela engathandeki okungaziwa ukuthi ivamise kangakanani ukwenzeka

- *ivascultitis* (ukuvuvukala kwemithambo yegazi), *imyalgia* (ubuhlungu bemisipha yomzimba), *i-arthralgia* (izinhlungu emajoyintini omzimba), *i-eosinophilia* (uhlobo lwezinqalampilo zegazi ezimhlophe) eningi ngokweqile
- izinguquko esimweni sengqondo nomphefumulo, ukudideka
- *itinnitus* (ukukhala kwemisindo noma izihlonono ezindlebeni)
- amazinga aphakeme kashukela egazini
- ukuguquka kwezilinganiso zokusebenza komzimba: izinga eliphakeme *lepotassium* egazini, *icreatinine* ephakeme egazini (izinkinga zezinso), *i-uric acid* ephakeme (igawuthi), izikhuthazalushintsho zesibindi eziphakeme (ukuvuvukala kwesibindi noma umonakalo esibindini).

Akuyona yonke imithelela engathandeki ebikiwe yePEARINDA PLUS equkethwe kuleli pheshana lolwazi.

Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa iPEARINDA PLUS, xhumana nodokotela wakho, usokhemisi noma omunye umhlinzeki wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.

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

6. UKUGCINWA NOKUL AHLWA KWEPEARINDA PLUS

Amaphilisi wagcine ezingeni lokushisa elingama-25 °C noma ngaphansi kwalokho.

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

Izingqwenjana eziyizigcinamaphilisi zigcine kwibhokisana lamaphilisi kuze kufike isikhathi lapho sekudingeka ukuba asetshenziswe.

Ungalokothi ugcine imithi yakho egunjini lokugezela.

Ungalokothi usebenzise iPEARINDA PLUS emuva kosuku lokuphelelwa kwayo yisikhathi olubhalwe kwibhokisana layo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga ukuze ilahlwe ngendlela ephephile.

Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

Yonke imithi kumele uyigcine endaweni ezingafinyeleli kuyona izingane.

7. UKWETHULWA KWEPEARINDA PLUS

*PEARINDA PLUS 2: Amaphilisi atholakala emaphaketheni ayizigcinamaphilisi ze-*aluminium* (*Alu blister packs*) eziqukethe amaphilisi angama-30 afakwe kwibhokisana elinemibhalo ngaphandle.

PEARINDA PLUS 4: Amaphilisi atholakala emaphaketheni ayizigcinamaphilisi ze-*aluminium* (*Alu blister packs*) eziqukethe amaphilisi angama-30 afakwe kwibhokisana elinemibhalo ngaphandle.

*Akuzona zonke izinhlobo zaleli philisi ezithengiswayo eNingizimu Afrika.

8. UKUHLONZWA KWEPEARINDA PLUS

PEARINDA PLUS 2: Iyiphilisi elimhlophe elinesakhiwo esisagobongwana, elinesilinganisobukhulu cishe esingama-8 x 4 mm, elinomugqa onqamula phakathi ezinhlangothini zombili.

PEARINDA PLUS 4: Iyiphilisi elimhlophe elinesakhiwo esisagobongwana, elinesilinganisobukhulu cishe esingama-8 x 4 mm, elinomugqa onqamula phakathi ezinhlangothini zombili.

9. IZINAMBA ZOKUBHALISWA

PEARINDA PLUS 2: A41/7.1.3/0632

PEARINDA PLUS 4: A41/7.1.3/0633

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
UHLA LWEZINHLOBO ZEPHILISI IPEARINDA PLUS**

10. IGAMA, IKHELI LENKAMPANI KANYE NENAMBA YOCINGO YOMNIKAZI WESITIFIKETI

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11. USUKU LOKUSHICILELWA

Usuku lokubhaliswa: 30 Mbaso 2010

Usuku lokugunyazwa kwakamuva: 02 Masingana 2020

NAM:

PEARINDA PLUS 2: NAM NS2 10/7.1.3/0610
PEARINDA PLUS 4: NAM NS2 10/7.1.3/0611