

## **Cilatone 20 tablet**

### **COMPOSITION: Each Cilatone 20 tablet contains**

Cilnidipine 20 mg Tablet

### **STORAGE**

- Store below 30°C
- Store in a cool & dry place away from direct sunlight
- Keep it out of reach of children

### **PRODUCT INTRODUCTION**

Cilatone 20 Tablet is a medicine used to treat high blood pressure (hypertension). It belongs to a class of medicines known as a calcium channel blocker which helps to lower blood pressure. This helps prevent heart attacks and strokes. It may also be prescribed to prevent angina (heart-related chest pain).

Cilatone 20 Tablet may be prescribed alone or along with other medicines. The dose depends on the severity of your condition. You can take it at any time of day, with or without food, but it is best to take it at the same time each day. Keep taking it for as long as advised by your doctor. Do not stop this medicine on your own, even if you feel well because high blood pressure often has no symptoms. This makes it hard to identify any sudden spike and if you stop taking it, your condition may get worse.

Keeping active with regular exercise, reducing your weight, and eating a healthy diet will also help control your blood pressure. Follow your doctor's advice while taking this medicine.

The most common side effects include fatigue, edema (swelling in the feet), sleepiness, dizziness, flushing, unusual beating of the heart (palpitations), and headache. Consult your doctor if any of these bother you, or do not go away. Side effects like swelling in the feet or ankles and palpitations are lesser in severity than other similar medicines of the group. Studies have shown that it also has a protective effect on the kidneys.

Before taking it, let your doctor know if you have any liver, kidney, or heart problems. Pregnant or breastfeeding women should also consult their doctor for advice before taking this medicine. You also need to tell your doctor what other medicines you are taking, especially those used to treat high blood pressure or heart conditions. You should have your blood pressure checked regularly to make sure that this medicine is working properly.

### **USES OF CILATONE TABLET**

- Treatment of Hypertension (high blood pressure)
- Prevention of Angina (heart-related chest pain)
- Prevention of Heart attack
- Prevention of Stroke

### **BENEFITS OF CILATONE TABLET**

### **In Treatment of Hypertension (high blood pressure)**

Cilatone 20 Tablet is a calcium channel blocker. It works by relaxing the blood vessels so that blood can flow more easily around your body. This lowers your blood pressure and reduces your risk of having a stroke, a heart attack, or kidney problems in the future. You do not usually feel any direct benefit from taking this medicine, but it works in the long term to keep you well. Take regularly, as prescribed for this medicine to be most effective, even if you feel better.

### **In Prevention of Angina (heart-related chest pain)**

Cilatone 20 Tablet belongs to a class of medicines known as calcium channel blockers. It works by relaxing blood vessels so that blood can flow more easily around your body. This means that more oxygen gets to your heart and reduces the risk of getting chest pain (angina). This medicine should not be used to treat chest pain which is already happening. It is used to prevent or reduce the frequency of angina attacks. This medicine needs to be taken regularly as prescribed for it to work effectively. So, it is important to keep taking it even if you feel well and have no symptoms.

### **In Prevention of Heart attack**

Cilatone 20 Tablet helps lower your blood pressure and make it easier for your heart to pump blood around your body. This reduces the chances of you having a heart attack. It can also reduce the risk of dying if it is given immediately after a heart attack. This medicine needs to be taken regularly to be effective, so keep taking it even if you feel well. Do not stop without talking to your doctor.

### **In Prevention of Stroke**

Cilatone 20 Tablet reduces the risk of future strokes. It helps lower your blood pressure and makes it easier for your heart to pump blood around your body. This reduces the chances of you having a stroke. Take it as advised by the doctor to get the maximum benefit.

### **SIDE EFFECTS OF CILATONE TABLET**

Most side effects do not require any medical attention and disappear as your body adjusts to the medicine. Consult your doctor if they persist or if you're worried about them

#### **Common side effects of Cilatone**

- Fatigue
- Sleepiness
- Flushing (sense of warmth in the face, ears, neck and trunk)
- Headache
- Nausea
- Dizziness
- Palpitations
- Edema (swelling)
- Abdominal pain
- Rash
- Muscle pain
- Eye pain
- Tremors
- Decreased blood pressure
- Itching

### HOW TO USE CILATONE TABLET

Take this medicine in the dose and duration as advised by your doctor. Swallow it as a whole. Do not chew, crush or break it. Cilatone 20 Tablet may be taken with or without food, but it is better to take it at a fixed time.

### HOW CILATONE TABLET WORKS

Cilatone 20 Tablet is a calcium channel blocker. It lowers blood pressure by relaxing blood vessels, which makes the heart more efficient at pumping blood throughout the body.

### SAFETY ADVICE



#### Alcohol

#### CAUTION

Caution is advised when consuming alcohol with Cilatone 20 Tablet. Please consult your doctor.



#### Pregnancy

#### CONSULT YOUR DOCTOR

Information regarding the use of Cilatone 20 Tablet during pregnancy is not available. Please consult your doctor.



#### Breast feeding

#### CONSULT YOUR DOCTOR

Information regarding the use of Cilatone 20 Tablet during breastfeeding is not available. Please consult your doctor.



#### Driving

#### UNSAFE

Cilatone 20 Tablet may cause side effects which could affect your ability to drive.



#### Kidney

#### SAFE IF PRESCRIBED

Cilatone 20 Tablet is probably safe to use in patients with kidney disease. Limited data available suggests that dose adjustment of Cilatone 20 Tablet may not be needed in these patients. Please consult your doctor.



**Liver**

### CONSULT YOUR DOCTOR

There is limited information available on the use of Cilatone 20 Tablet in patients with liver disease. Please consult your doctor.

### WHAT IF YOU FORGET TO TAKE CILATONE TABLET?

If you miss a dose of Cilatone 20 Tablet, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double the dose.

### Quick Tips

- Take it at the same time every day to help you remember to take it.
- A sudden drop in your blood pressure may occur, especially when you first start taking Cilatone 20 Tablet. To lower the chance of feeling dizzy or passing out, rise slowly if you have been sitting or lying down.
- It can cause ankle or foot swelling. To reduce the swelling, raise your legs while you are sitting down. Talk to your doctor if it does not go away.
- It may cause dizziness. Do not drive or perform any activity that requires mental focus until you know how Cilatone 20 Tablet affects you.
- Inform your doctor if you are pregnant, planning a pregnancy or breastfeeding.

### FAQs

Q. What is the use of Cilatone 20 Tablet?

Cilatone 20 Tablet is a medicine used to treat high blood pressure. It belongs to a group of medicines which block the calcium channels in the blood vessel. It works by relaxing the blood vessels in patients with high blood pressure. This widens the diameter of the blood vessels which helps the blood to pass through them more easily.

Q. Which is better amlodipine or Cilatone 20 Tablet?

Both these medicines are used in the treatment of blood pressure and are equally good in effectively reducing the blood pressure. Cilatone 20 Tablet has also been found to be beneficial in patients with kidney problems as compared to amlodipine. Additionally, while amlodipine may have chances of causing mild ankle swelling, Cilatone 20 Tablet has been found to have lesser chances of causing ankle swelling, tachycardia and palpitations. Your doctor will suggest either of these after seeing what suits you.

Q. What are the side effects of Cilatone 20 Tablet?

Cilatone 20 Tablet is generally well tolerated but sometimes can also be associated with side effects like headache, dizziness, flushing, palpitations, low blood pressure, and stomach problems. It may also cause

increased urination, ankle swelling, and lethargy. These side effects are not common in everyone but may occur in some individuals. Do consult your doctor if you notice any side effects after taking this medicine.

Q. Is Cilatone 20 Tablet good for patients of high blood pressure with kidney impairment?

Yes, Cilatone 20 Tablet has been shown to have protective effects on the kidney cells, thereby preventing them from damage. It has also been shown to decrease protein leakage from the kidney in patients who have diabetes as well as high blood pressure.

Q. Should I take Cilatone 20 Tablet in the morning or at night?

Cilatone 20 Tablet can be taken anytime of the day. Usually, it is advised to be taken in the morning, but your doctor may advise to take it in the evening as well. You should take it at the same time each day so that you remember to take it and consistent levels of medicine are maintained in the body.

Q. How long do I need to take Cilatone 20 Tablet?

You should keep on taking Cilatone 20 Tablet for as long as your doctor has recommended you to take it. You may need to take it lifelong. Do not stop taking it, even if you feel well or your blood pressure is well controlled. If you stop taking Cilatone 20 Tablet, your blood pressure may increase again and your condition may worsen.

Q. What changes can I make to control my blood pressure better?

Lifestyle changes play a major role in keeping you healthy if you are taking Cilatone 20 Tablet. Avoid taking excess salt in your diet and find ways to reduce or manage stress in your life. Practise yoga or meditation or take up a hobby. Ensure that you have a sound sleep every night as this also reduces your stress and hence helps in keeping your blood pressure normal. Stop smoking and taking alcohol as this helps in lowering your blood pressure and helps to prevent heart problems. Exercise regularly and take a balanced diet that includes whole grains, fresh fruits, vegetables and fat-free products. Avoid eating grapefruit (chakotra) or drinking grapefruit juice while taking Cilatone 20 Tablet. You should consult your doctor if you need any further help to get maximum benefit of Cilatone 20 Tablet and to keep healthy.