

Cilatone-T 40 tablet

COMPOSITION: Each Cilatone T 40 tablet contains

Cilnidipine 10 mg + Telmisartan 40 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 T Tablet contains two medicines, both of which help to control high blood pressure. It lowers the blood pressure by relaxing the blood vessels and making it easier for your heart to pump blood around your body. This will reduce your risk of having a heart attack or a stroke.

Cilatone T Tablet may be taken on an empty stomach or along with food. However, it is better to take it regularly at a fixed time each day, as prescribed by your doctor. The dose will depend on your condition and how you respond to the medicine. It's important to keep taking this medicine even if you feel well. By lowering your blood pressure, it is reducing your risk of heart attack or stroke so do not stop taking it unless your doctor tells you to. You can help this medication work better by making a few changes to your lifestyle such as keeping active, stopping smoking, and eating a low salt and low-fat diet.

The most common side effects of this medicine include swelling in your ankles or feet (edema), headache, sleepiness, dizziness, tiredness, taste change, and upset stomach. Since it may cause dizziness, do not drive or do anything requiring concentration until you know how it affects you. Talk to your doctor if any of the side effects bother you or will not go away.

Before taking this medicine, let your doctor know if you have any kidney or liver problems or severe dehydration. Pregnant or breastfeeding women should also consult their doctor before taking it. While using this medicine, your blood pressure will need to be checked often and your kidney function may also need to be tested.

USES OF CILATONE T TABLET

- Treatment of Hypertension (high blood pressure)

BENEFITS OF CILATONE T TABLET

In Treatment of Hypertension (high blood pressure)

Both of the medicines in this combination work to lower blood pressure but in different ways. Together they help to relax blood vessels and make it easier for your heart to pump blood around your body. This lowers blood pressure. If your blood pressure is controlled you are less at risk of having a heart attack, stroke, or kidney problems. The medicine must be taken regularly as prescribed to be effective. You do not usually feel any direct benefit from taking this medicine, but it works in the long term to keep you well.

SIDE EFFECTS OF CILATONE T 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 T

- Ankle swelling
- Headache
- Flushing (sense of warmth in the face, ears, neck and trunk)
- Dizziness
- Tiredness
- Palpitations
- Upset stomach
- Increased potassium level in blood
- Cardiogenic shock

HOW TO USE CILATONE T 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 T Tablet may be taken with or without food, but it is better to take it at a fixed time.

HOW CILATONE T TABLET WORKS

Cilatone T Tablet is a combination of two medicines: Cilnidipine and Telmisartan, which lowers blood pressure effectively. Cilnidipine is a calcium channel blocker (CCB) and Telmisartan is an angiotensin receptor blocker (ARB). They work by relaxing the blood vessels and making the heart more efficient at pumping blood throughout the body.

SAFETY ADVICE



Alcohol

UNSAFE

It is unsafe to consume alcohol with Cilatone T Tablet.



Pregnancy

CONSULT YOUR DOCTOR

Cilatone T Tablet is unsafe to use during pregnancy as there is definite evidence of risk to the developing baby. However, the doctor may rarely prescribe it in some life-threatening situations if the benefits are more than the potential risks. Please consult your doctor.



Breast feeding

CONSULT YOUR DOCTOR

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



Driving

UNSAFE

Cilatone T Tablet may decrease alertness, affect your vision or make you feel sleepy and dizzy. Do not drive if these symptoms occur.



Kidney

CONSULT YOUR DOCTOR

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



Liver

CAUTION

Cilatone T Tablet should be used with caution in patients with liver disease. Dose adjustment of Cilatone T Tablet may be needed. Please consult your doctor.

Use of Cilatone T Tablet is not recommended in patients with severe liver disease.

WHAT IF YOU FORGET TO TAKE CILATONE T TABLET?

If you miss a dose of Cilatone T 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

- Cilatone T Tablet is a combination of two medicines that provides better blood pressure control than either medicine alone.
- Cilatone T Tablet may cause dizziness or sleepiness. Do not drive or do anything requiring concentration until you know how it affects you.
- It may cause you to feel lightheaded or weak especially when you stand up. Rise slowly if you have been sitting or lying down.
- Avoid consuming alcohol as it may enhance the blood pressure lowering effect of this medicine.
- It can cause ankle or foot swelling. Raise your legs while you are sitting down and talk to your doctor if it does not go away.

- Do not take Cilatone T Tablet if you are pregnant, planning to conceive or breastfeeding.

FAQs

Q. What lifestyle changes should I make while using Cilatone T Tablet?

Modification in lifestyle changes can help boost your health while taking Cilatone T Tablet. Stop smoking, as smoking increases your risk of having a heart attack and stroke. If you are overweight or obese, try to lose weight. You should maintain a healthy diet by including fruits and vegetables in your meals. Regular exercise can make your heart strong and reduce your risk of heart attack.

Q. How would I know if I have high potassium levels?

Your doctor will check your blood potassium levels periodically for high potassium levels. Make sure not to miss any future appointments with the doctor.

Q. Can I stop taking Cilatone T Tablet if I feel well?

No, do not stop the medication without consulting with the doctor. It should be used strictly as advised by your doctor, even if you feel well. Stopping Cilatone T Tablet suddenly may lead to serious complications such as heart attack and stroke.

Q. What is the rationale behind this combination medicine?

Cilatone T Tablet is a medicine that contains Telmisartan and Cilnidipine. These two medicines are combined to lower the blood pressure more effectively, thereby lowering the chances of having a stroke or heart attack.

Q. Can I feel dizzy after taking Cilatone T Tablet?

Yes, the use of Cilatone T Tablet can make you feel dizzy. This may occur when you suddenly rise up from a lying or sitting position. To lower the chance of feeling dizzy or passing out, rise slowly if you have been sitting or lying down.

Q. Can I use Cilatone T Tablet in pregnancy?

No, Cilatone T Tablet should be avoided in pregnancy. Cilatone T Tablet can cause harmful effects on the baby. If you conceive while taking Cilatone T Tablet, stop using it and contact your doctor immediately. The doctor may suggest other ways to lower blood pressure.