

Patient Information Leaflet

ARBMex H (Telmisartan + Hydrochlorothiazide) Tablets - Your Guide to Blood Pressure Control

What is ARBMex H Tab. (Telmisartan + Hydrochlorothiazide)?

Telmisartan + Hydrochlorothiazide are a combination medication used to treat hypertension (high blood pressure). It contains two active ingredients: Telmisartan, an angiotensin II receptor blocker (ARB), and Hydrochlorothiazide, a diuretic.

How to Take ARBMex H Tab.

- Take as prescribed by your healthcare provider.
- Typically, it is taken once daily, with or without food.
- Swallow the tablet whole with a glass of water.

Benefits of ARBMex H Tab.

- Dual-action: Telmisartan relaxes blood vessels, and Hydrochlorothiazide helps the body remove excess salt and water.
- Effectively lowers blood pressure.
- May reduce the risk of stroke, heart attack, and other cardiovascular events.

Possible Side Effects

Common side effects may include dizziness, lightheadedness, increased urination, or electrolyte imbalances. Contact your doctor if you experience severe or persistent side effects.

Precautions and Warnings

- Inform your healthcare provider about all medications, including over-the-counter drugs and supplements.
- Discuss any existing medical conditions, especially kidney problems, liver disease, or dehydration.
- Avoid excessive exposure to sunlight and UV rays.

Important Safety Information

- Do not use during pregnancy. If you become pregnant while taking this medication, inform your doctor immediately.
- Breastfeeding individuals should consult their healthcare provider before using this medication.

Emergency Contact Information

In case of an emergency or severe reaction, seek medical attention immediately. Provide healthcare professionals with details about the medication you are taking.

Follow-up with Your Healthcare Provider

Regular check-ups are essential for monitoring your blood pressure and adjusting the medication if necessary. Attend all scheduled appointments.

Storage

Store ARBMex H (Telmisartan + Hydrochlorothiazide) tablets at room temperature, away from moisture and heat.

Keep it out of reach of children.

Contact Information

This leaflet provides a brief summary of important information about ARBMex H Tab. (Telmisartan + Hydrochlorothiazide) only.

For further information or questions, contact your healthcare provider or you can reach us at wecare@mexperthealth.in