

Patient Information Leaflet

ARBMex (Telmisartan) Tablets - Your Guide to Better Blood Pressure Management

What is ARBMex Tab. (Telmisartan)?

Telmisartan is an angiotensin II receptor blocker (ARB) used to treat hypertension (high blood pressure). It works by relaxing blood vessels, allowing blood to flow more easily.

How to Take ARBMex Tab. (Telmisartan)

- Take ARBMex Tablet exactly 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 Tab. (Telmisartan)

- effectively lowers blood pressure.
- May reduce the risk of stroke, heart attack, and other cardiovascular events.
- Generally well-tolerated with a low incidence of side effects.

Possible Side Effects

Common side effects may include dizziness, headache, and fatigue. 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 alcohol and limit potassium-rich foods unless advised otherwise by your doctor.

Important Safety Information

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

Emergency Contact Information

In case of an emergency / severe reaction, seek medical attention immediately. Please provide healthcare professionals the details about the medication you are taking.

Follow-up with Your Healthcare Provider

Regular monitoring of blood pressure and kidney function may be necessary during the course of ARBMex Tab. (Telmisartan) treatment. This helps healthcare providers assess the effectiveness of the medication and detect any potential issues at an early stage.

As with any medication, it's crucial to take ARBMex Tab. as prescribed by a healthcare professional and to attend follow-up appointments to monitor its effects. If you have specific questions about ARBMex Tab. or its use, it's best to consult with your healthcare provider for personalized advice.

Storage

Store ARBMex tab. 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 Tab. (Telmisartan) only.

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