

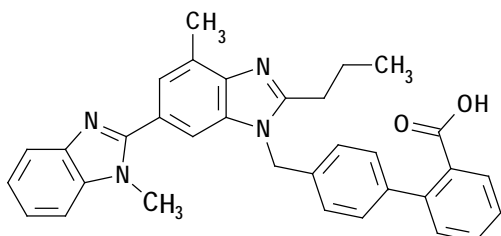
# TWYNSTA<sup>®</sup>

## (telmisartan/amlopidine)

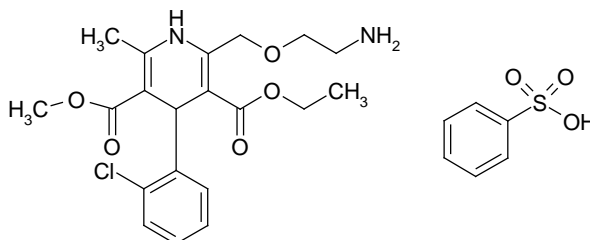
### NAME OF THE MEDICINE

TWYNSTA contains the active ingredients telmisartan and amlodipine (as the besilate salt).

*Structural formula:*



Telmisartan



and enantiomer

Amlodipine (as the besilate salt)

*Chemical name:*

4'-[(1,4'-dimethyl-2'-propyl[2,6'-bi-1H-benzimidazol]-1'-yl)-methyl]-[1,1'-biphenyl]-2-carboxylic acid

*Molecular formula:* C<sub>33</sub>H<sub>30</sub>N<sub>4</sub>O<sub>2</sub>

*CAS number:* 144701-48-4

*Molecular weight:* 514.6

*Chemical name:*

3-ethyl-5-methyl (4RS)-2-[-(2-aminoethoxy)methyl]-4-(2-chlorophenyl)-6-methyl-1,4-dihydropyridine-3,5-dicarboxylate benzenesulphonate

*Molecular formula:* C<sub>20</sub>H<sub>25</sub>ClN<sub>2</sub>O<sub>5</sub>·C<sub>6</sub>H<sub>6</sub>O<sub>3</sub>S

*CAS number:* 111470-99-6

*Molecular weight:* 567.1

### DESCRIPTION

Telmisartan is an off-white to yellowish crystalline powder. It is practically insoluble in water, very slightly soluble in ethanol, slightly soluble in methanol and soluble in a mixture of chloroform and methanol (1:1).

Amlodipine besilate is a white or almost white powder that is slightly soluble in water, freely soluble in methanol, sparingly soluble in anhydrous ethanol and slightly soluble in 2-propanol.

TWYNSTA is available in four tablet strengths for oral administration, containing 40 mg or 80 mg telmisartan and 5 mg or 10 mg amlodipine (as the besilate salt), in the following combinations:

- TWYNSTA 40/5 mg containing telmisartan 40 mg/amlopidine 5 mg
- TWYNSTA 40/10 mg containing telmisartan 40 mg/amlopidine 10 mg
- TWYNSTA 80/5 mg containing telmisartan 80 mg/amlopidine 5 mg
- TWYNSTA 80/10 mg containing telmisartan 80 mg/amlopidine 10 mg

Excipients: Each TWYNSTA tablet also contains sodium hydroxide, povidone, meglumine, sorbitol, magnesium stearate, microcrystalline cellulose, pregelatinised maize starch, maize starch, colloidal anhydrous silica and Pigment Blend PB-57699 GREY (ARTG PI 106387) as colouring agent.

## PHARMACOLOGY

### Pharmacodynamics

Pharmacotherapeutic group: angiotensin II antagonists, plain (telmisartan) combinations with dihydropyridine derivatives (amlodipine).

#### Mechanism of action

TWYNSTA combines two antihypertensive compounds with complementary mechanisms to control blood pressure in patients with essential hypertension: an angiotensin II receptor antagonist, telmisartan, and a dihydropyridinic calcium channel blocker, amlodipine.

The combination of these substances has an additive antihypertensive effect, reducing blood pressure to a greater degree than either component alone.

TWYNSTA once daily produces effective and consistent reductions in blood pressure across the 24-hour therapeutic dose range.

#### Telmisartan

Telmisartan is an orally effective and specific angiotensin II receptor (type AT<sub>1</sub>) antagonist. Telmisartan displaces angiotensin II with very high affinity from its binding site at the AT<sub>1</sub> receptor subtype, which is responsible for the known actions of angiotensin II. Telmisartan does not exhibit any partial agonist activity at the AT<sub>1</sub> receptor. Telmisartan selectively binds the AT<sub>1</sub> receptor and does not reveal relevant affinity for other receptors nor does it inhibit human plasma renin or block ion channels. The clinically relevant effect of AT<sub>1</sub> receptor blockade is to lower blood pressure by inhibition of angiotensin II mediated vasoconstriction leading to reduction of systemic vascular resistance. During administration with telmisartan, removal of angiotensin II negative feedback on renin secretion results in increased plasma renin activity, which in turn leads to increases in angiotensin II in plasma. Despite these increases, antihypertensive activity and suppressed aldosterone levels indicate effective angiotensin II receptor blockade. Telmisartan does not inhibit angiotensin converting enzyme (kininase II), the enzyme which also degrades bradykinin. Therefore it is not expected to potentiate bradykinin-mediated adverse effects or cause oedema.

In humans, an 80 mg dose of telmisartan almost completely inhibits the angiotensin II evoked increase in blood pressure. The inhibitory effect is maintained over 24 hours and still measurable up to 48 hours.

After administration of the first dose of telmisartan, onset of antihypertensive activity occurs gradually within 3 hours. The maximal reduction in blood pressure is generally attained 4-8 weeks after the start of treatment and is sustained during long-term therapy.

The antihypertensive effect persists constantly over 24 hours after dosing and includes the last 4 hours before the next dose as shown by ambulatory blood pressure measurements. With ambulatory blood pressure monitoring and conventional blood pressure measurements, the 24 hour trough to peak ratio was consistently above 80% for both systolic blood pressure (SBP) and diastolic blood pressure (DBP) after doses of 40 mg and 80 mg of telmisartan in placebo controlled clinical studies.

In patients with hypertension, telmisartan reduces both systolic and diastolic blood pressure without affecting pulse rate. The antihypertensive efficacy of telmisartan is independent of gender or age, and is comparable to that of agents representative of other classes of antihypertensive drugs (demonstrated in clinical trials comparing telmisartan to amlodipine, atenolol, enalapril, ramipril, hydrochlorothiazide, lisinopril and valsartan).

Upon abrupt cessation of treatment with telmisartan, blood pressure gradually returns to pre-treatment values over a period of several days without evidence of rebound hypertension.

Telmisartan treatment has been shown in clinical trials to be associated with statistically significant reductions in Left Ventricular Mass and Left Ventricular Mass Index in patients with hypertension and Left Ventricular Hypertrophy.

The incidence of dry cough was significantly lower in patients treated with telmisartan than in those given angiotensin converting enzyme inhibitors in clinical trials directly comparing the two antihypertensive treatments.

#### *Prevention of cardiovascular morbidity and mortality*

ONTARGET (ONgoing Telmisartan Alone and in Combination with Ramipril Global Endpoint Trial) compared the effects of telmisartan, ramipril and the combination of telmisartan and ramipril on cardiovascular outcomes in 25620 patients aged 55 years or older with a history of coronary artery disease, stroke, transient ischaemic attack, peripheral vascular disease, or diabetes mellitus accompanied by evidence of end-organ damage (e.g. retinopathy, left ventricular hypertrophy, macro- or microalbuminuria), which represents a broad cross-section of patients at high risk of cardiovascular events.

The co-primary objectives of the ONTARGET trial were to determine if (a) the combination of telmisartan 80 mg and ramipril 10 mg is superior to ramipril 10 mg alone and if (b) telmisartan 80 mg is not inferior to ramipril 10 mg alone in reducing the primary composite endpoint of cardiovascular death, non-fatal myocardial infarction, non-fatal stroke, or hospitalisation for congestive heart failure. Hypothesis tests were performed using hazard ratios and time-to-event analyses (Kaplan-Meier).

The principal patient exclusion criteria included: symptomatic heart failure or other specific cardiac diseases, syncopal episodes of unknown aetiology or planned cardiac surgery within 3 months of the start of study, uncontrolled hypertension or haemorrhagic stroke.

Patients were randomised to one of the three following treatment groups: telmisartan 80 mg (n=8542), ramipril 10 mg (n=8576), or the combination of telmisartan 80 mg plus ramipril 10 mg (n=8502), and followed for a mean observation time of 4.5 years. The population studied was 73% male, 74% Caucasian, 14% Asian and 43% were 65 years of age or older. Hypertension was present in nearly 83% of randomised patients: 69% of patients had a history of hypertension at randomisation and an additional 14% had actual blood pressure readings  $\geq$  140/90 mm Hg. At baseline, the total percentage of patients with a medical history of diabetes was 38% and an additional 3% presented with elevated fasting plasma glucose levels. Baseline therapy included acetylsalicylic acid (76%), statins (62%), beta-blockers (57%), calcium channel blockers (34%), nitrates (29%) and diuretics (28%).

Adherence to treatment was better for telmisartan than for ramipril or the combination of telmisartan and ramipril, although the study population had been pre-screened for tolerance to treatment with an ACE-inhibitor. During the study, significantly less telmisartan patients (22.0%) discontinued treatment, compared to ramipril patients (24.4%) and telmisartan/ramipril patients (25.3%). The analysis of adverse events leading to permanent treatment discontinuation and of serious adverse events showed that cough and angioedema were less frequently reported in patients treated with telmisartan than in patients treated with ramipril, whereas hypotension was more frequently reported with telmisartan.

Comparison of telmisartan versus ramipril: The choice of the non-inferiority margin of 1.13 was solely based on the results of the HOPE (Heart Outcomes Prevention Evaluation) study. Telmisartan showed a similar effect to ramipril in reducing the primary composite endpoint of cardiovascular death, non-fatal myocardial infarction, non-fatal stroke, or hospitalisation for congestive heart failure. The incidence of the primary endpoint was similar in the telmisartan

(16.7%) and ramipril (16.5%) groups. In the intention-to-treat (ITT) analysis, the hazard ratio for telmisartan versus ramipril was 1.01 (97.5% CI 0.93-1.10, p(non-inferiority)=0.0019). The non-inferiority result was confirmed in the per-protocol (PP) analysis, where the hazard ratio was 1.02 (97.5% CI 0.93-1.12, p (non-inferiority) =0.0078). Since the upper limit of the 97.5% CI was below the pre-defined non-inferiority margin of 1.13 and the p-value for non-inferiority was below 0.0125 in both the ITT and PP analyses, the trial succeeded in demonstrating the non-inferiority of telmisartan versus ramipril in the prevention of the composite primary endpoint. The non-inferiority conclusion was found to persist following corrections for differences in systolic blood pressure at baseline and over time. There was no difference in the primary endpoint in subgroups based on age, gender, race, baseline concomitant therapies or underlying diseases.

Telmisartan was also found to be similarly effective to ramipril in several pre-specified secondary endpoints, including a composite of cardiovascular death, non-fatal myocardial infarction, and non-fatal stroke, the primary endpoint in the reference study HOPE, which had investigated the effect of ramipril versus placebo. The ITT hazard ratio of telmisartan versus ramipril for this endpoint in ONTARGET was 0.99 (97.5% CI 0.90-1.08, p(non-inferiority) = 0.0004), and confirmed by the PP hazard ratio of 1.00 (97.5% CI 0.91-1.11, p(non-inferiority) = 0.0041).

*Comparison of telmisartan plus ramipril combination versus ramipril monotherapy alone:* Combining telmisartan with ramipril did not add further benefit over ramipril or telmisartan alone, thus superiority of the combination could not be demonstrated. The incidence of the primary endpoint was 16.3% in the telmisartan plus ramipril combination group, compared to the telmisartan (16.7%) and ramipril (16.5%) groups. In addition, there was a significantly higher incidence of hyperkalaemia, renal failure, hypotension and syncope in the combination group. Therefore the use of a combination of telmisartan and ramipril is not recommended in this population.

### Amlodipine

Amlodipine is a calcium ion influx inhibitor of the dihydropyridine group (slow channel blocker or calcium ion antagonist) and inhibits the transmembrane influx of calcium ions into cardiac and vascular smooth muscle.

The mechanism of the antihypertensive action of amlodipine is due to a direct relaxant effect on vascular smooth muscle, leading to reductions in peripheral vascular resistance and in blood pressure. Experimental data indicate that amlodipine binds to both dihydropyridine and non-dihydropyridine binding sites. Amlodipine is relatively vessel-selective, with a greater effect on vascular smooth muscle cells than on cardiac muscle cells.

In patients with hypertension, once daily dosing provides clinically significant reductions of blood pressure in both the supine and standing positions throughout the 24 hour interval. Due to the slow onset of action, acute hypotension is not a feature of amlodipine administration.

In hypertensive patients with normal renal function, therapeutic doses of amlodipine resulted in a decrease in renal vascular resistance and an increase in glomerular filtration rate and effective renal plasma flow, without change in filtration fraction or proteinuria.

Amlodipine has not been associated with any adverse metabolic effects or changes in plasma lipids and is suitable for use in patients with asthma, diabetes, and gout.

### *Use in patients with heart failure*

Haemodynamic studies and exercise based controlled clinical trials in NYHA Class II-IV heart failure patients have shown that amlodipine did not lead to clinical deterioration as measured by exercise tolerance, left ventricular ejection fraction and clinical symptomatology.

A placebo controlled study (PRAISE) designed to evaluate patients in NYHA Class III-IV heart failure receiving digoxin, diuretics and ACE inhibitors has shown that amlodipine did not lead to an increase in risk of mortality or combined mortality and morbidity with heart failure.

In a follow-up, long term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure without clinical symptoms or objective findings suggestive or underlying ischaemic disease, on stable doses of ACE inhibitors, digitalis, and diuretics, amlodipine had no effect on total cardiovascular mortality. In this same population, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

## **Pharmacokinetics**

### Pharmacokinetics of the Fixed Dose Combination:

The rate and extent of absorption of TWYNSTA are equivalent to the bioavailability of telmisartan and amlodipine when administered as individual tablets.

The bioavailability study (1235.12) conducted with the fixed dose combination showed that administration of a high-fat meal with the TWYNSTA 80/10 mg tablet decreased the total area under the plasma concentration-time curve (AUC) and  $C_{max}$  for telmisartan by about 24% and 60%, respectively. For amlodipine, AUC and  $C_{max}$  were not altered (see DOSAGE AND ADMINISTRATION). However, considering the flat dose response curve and the wide therapeutic range of telmisartan, the food effect on telmisartan pharmacokinetics observed in the study 1235.12 would translate into only minor differences with regard to the blood pressure lowering effect, which are not considered to be clinically relevant, neither for efficacy, nor for safety.

### Pharmacokinetics of the single components:

#### Absorption

*Telmisartan:* Following oral administration of telmisartan, absorption is rapid ( $t_{max}$  ranges from 0.5 to 2 hours) although the amount absorbed varies. Absolute bioavailability of telmisartan was shown to be dose dependent. The mean absolute bioavailability of 40 mg telmisartan was 40%, whereas the mean absolute bioavailability of the 160 mg dose amounted to about 60%.

When telmisartan is taken with food, the reduction in the area under the plasma concentration-time curve (AUC<sub>0-∞</sub>) of telmisartan varies from approximately 6% (40 mg dose) to approximately 19% (160 mg dose). The small reduction in AUC should not cause a reduction in the therapeutic efficacy. Therefore, telmisartan may be taken with or without food.

*Amlodipine:* After oral administration of therapeutic doses of amlodipine alone, peak plasma concentrations of amlodipine are reached in 6–12 hours. Absolute bioavailability has been calculated as between 64% and 80%. Amlodipine bioavailability is unaffected by food ingestion.

#### Distribution

*Telmisartan:* Telmisartan is highly bound to plasma protein (>99.5%), mainly albumin and alpha-1-acid glycoprotein. The mean steady state apparent volume of distribution ( $V_{dss}$ ) is approximately 6.6 L/kg.

*Amlodipine:* The volume of distribution of amlodipine is approximately 21 L/kg. *In vitro* studies with amlodipine have shown that approximately 97.5% of circulating drugs is bound to plasma proteins in hypertensive patients.

## Metabolism

*Telmisartan:* Telmisartan undergoes substantial first-pass metabolism by conjugation to the acylglucuronide. No pharmacological activity has been shown for the conjugate. Telmisartan is not metabolised by the cytochrome P450 system.

*Amlodipine:* Amlodipine is extensively (approximately 90%) metabolised by the liver to inactive metabolites.

## Elimination

*Telmisartan:* Telmisartan is characterised by bi-exponential decay pharmacokinetics with a terminal elimination half-life of 18.3-23.0 hours.

The maximum plasma concentration ( $C_{max}$ ) and, to a smaller extent, area under the plasma concentration-time curve (AUC) increase disproportionately with dose. There is no evidence of clinically relevant accumulation of telmisartan taken at the recommended dose interval.

After oral (and intravenous) administration telmisartan is nearly exclusively excreted with the faeces, mainly as unchanged compound. Cumulative urinary excretion is <1% of dose.

*Amlodipine:* Amlodipine elimination from the plasma is biphasic, with a termination elimination half-life of approximately 30 to 50 hours. Steady-state plasma levels are reached after continuous administration for 7-8 days. 10% of original amlodipine and 60% of amlodipine metabolites are excreted in urine.

## Pharmacokinetics in special patient groups:

### Children (age below 18 years)

No pharmacokinetic data are available in the paediatric population.

### Elderly

*Telmisartan:* The pharmacokinetics of telmisartan does not differ between younger and elderly patients (i.e. patients older than 65 years of age).

*Amlodipine:* Time to peak plasma amlodipine concentrations is similar in young and elderly patients. In elderly patients, amlodipine clearance tends to decline, causing increases in the area under the curve (AUC) and elimination half-life.

### Gender

*Telmisartan:* Plasma concentrations are generally 2-3 times higher in females than in males. In clinical trials, however, no clinically significant increases in blood pressure response or incidences of orthostatic hypotension were found in females. No dosage adjustment is necessary.

### Patients with renal impairment

*Telmisartan:* Lower plasma concentrations were observed in patients with renal insufficiency (creatinine clearance 30-80 mL/min) undergoing dialysis, however, this has proved not to be of clinical significance. Telmisartan is highly bound to plasma proteins in renal-insufficient subjects and cannot be removed by dialysis. The elimination half-life is not changed in patients with renal impairment.

*Amlodipine:* The pharmacokinetics of amlodipine is not significantly influenced by renal impairment.

## Patients with hepatic impairment

*Telmisartan:* Pharmacokinetic studies in patients with hepatic impairment showed an increase in absolute bioavailability up to nearly 100%. The elimination half-life is not changed in patients with hepatic impairment.

*Amlodipine:* Patients with hepatic insufficiency have decreased clearance of amlodipine with resulting increase of approximately 40–60% in AUC.

## **CLINICAL TRIALS**

### TWYNSTA

There have been no long-term clinical outcome studies conducted using the fixed-dose combination tablets.

The efficacy of TWYNSTA for treatment of hypertension was studied in over 3400 patients in three pivotal randomised double-blind studies (one placebo-controlled and two active-controlled trials) and over 1400 patients in two supportive open-label follow-up trials. Adults with mild to severe uncomplicated essential hypertension (mean seated diastolic blood pressure  $\geq 95$  mmHg and  $< 119$  mmHg) were enrolled in the placebo-controlled trial. In the two active-controlled trials, adult patients with mean seated diastolic blood pressure  $\geq 95$  mmHg (if on antihypertensive treatment) or  $\geq 100$  mmHg (if not treated with an antihypertensive) and also did not respond adequately (mean seated diastolic blood pressure  $\geq 90$  mmHg) after 6 weeks of open-label amlodipine monotherapy were enrolled. Exclusion criteria for the trials were consistent with the Contraindications in the Product Information, and the conditions listed in the Precautions. Patients with secondary hypertension, uncontrolled hypertension, and symptomatic congestive heart failure were excluded. No study was conducted specifically in telmisartan non-responders. The efficacy and safety of TWYNSTA compared to telmisartan monotherapy was demonstrated in the pivotal placebo-controlled, parallel group factorial study.

In the 8-week multicentre, randomised, double-blind, placebo-controlled, parallel group factorial study, 1461 patients with mild to severe hypertension (mean baseline seated systolic/diastolic blood pressure 153.2/101.8 mmHg) underwent a 3-4 week placebo run-in period in order to wash out all antihypertensive medications before they were randomised to a double-blind active treatment. Treatment with each combination dose of TWYNSTA resulted in significantly greater diastolic and systolic blood pressure reductions and higher control rates compared to the respective monotherapy components.

The telmisartan/amlodipine combinations showed dose-related reductions in systolic/diastolic blood pressure across the therapeutic dose range: -21.8/-16.5 mmHg with 40/5 mg; -22.1/-18.2 mmHg with 80/5 mg; -24.7/-20.2 mmHg with 40/10 mg; -26.4/-20.1 mmHg with 80/10 mg.

The proportions of patients reaching a diastolic blood pressure  $< 90$  mmHg with a telmisartan/amlodipine combination were: 71.6% with 40/5 mg; 74.8% with 80/5 mg; 82.1% with 40/10 mg; 85.3% with 80/10 mg.

A subset of 1050 patients in the study had moderate to severe hypertension (DBP  $\geq 100$  mmHg). In these patients who are likely to need more than one antihypertensive agent to achieve blood pressure goal, the mean changes in systolic/diastolic blood pressure with a combination therapy containing amlodipine 5 mg (-22.2/-17.2 mmHg with 40/5 mg; -22.5/-19.1 mmHg with 80/5 mg) were comparable to or greater than those seen with amlodipine 10 mg (-21.0/-17.6 mmHg).

The majority of the antihypertensive effect was attained within 2 weeks after initiation of therapy.

Automated ambulatory blood pressure monitoring (ABPM) performed in a subset of 562 patients confirmed the results seen with in-clinic systolic and diastolic blood pressure reductions consistently over the entire 24-hour dosing period.

In a further multicentre, double-blind, active-controlled study, a total of 1097 patients with mild to severe hypertension (mean seated baseline systolic/diastolic blood pressure 149.5/96.6 mmHg) who were not adequately controlled on amlodipine 5 mg received TWYNSTA (40/5 mg or 80/5 mg) or amlodipine alone (5 mg or 10 mg). After 8 weeks of treatment, each of the combination was statistically significantly superior to both amlodipine monotherapy doses in reducing systolic and diastolic blood pressures: -13.6/-9.4 mmHg with TWYNSTA 40/5 mg; -15.0/-10.6 mmHg with TWYNSTA 80/5 mg; -6.2/-5.7 mmHg with amlodipine 5 mg; -11.1/-8.0 mmHg with amlodipine 10 mg.

The proportions of patients with normalisation of blood pressure (trough seated diastolic blood pressure <90 mmHg at the end of the trial) were: 56.7% with TWYNSTA 40/5 mg and 63.8% with TWYNSTA 80/5 mg compared to 42.0% with amlodipine 5 mg and 56.7% with amlodipine 10 mg.

Oedema related events (peripheral oedema, generalised oedema, and oedema) were significantly lower in patients who received TWYNSTA (40/5 mg or 80/5 mg) as compared to patients who received amlodipine 10 mg (4.4% vs. 24.9%, respectively).

In another multicentre, double-blind, active-controlled study, a total of 947 patients with mild to severe hypertension (mean seated baseline systolic/diastolic blood pressure 147.5/95.6 mmHg) who were not adequately controlled on amlodipine 10 mg received TWYNSTA (40/10 mg or 80/10 mg) or amlodipine alone (10 mg). After 8 weeks, each of the combination treatments was statistically significantly superior to amlodipine monotherapy in reducing diastolic and systolic blood pressures: -11.1/-9.2 mmHg with TWYNSTA 40/10 mg, -11.3/-9.3 mmHg with TWYNSTA 80/10 mg; -7.4/-6.5 mmHg with amlodipine 10 mg.

The proportions of patients with normalisation of blood pressure (trough seated diastolic blood pressure <90 mmHg at the end of the trial) were 63.7% with TWYNSTA 40/10 mg and 66.5% with TWYNSTA 80/10 mg compared to 51.1% with amlodipine 10 mg.

In two corresponding open-label long-term follow up studies performed over a further 6 months the effect of TWYNSTA was maintained over the trial period.

In patients not adequately controlled on amlodipine 5 mg, TWYNSTA achieved similar (40/5 mg) or better (80/5mg) blood pressure control compared to amlodipine 10 mg with significantly less oedema.

In patients adequately controlled on amlodipine 10 mg but who experience unacceptable oedema, TWYNSTA 40/5 mg or 80/5 mg may achieve similar blood pressure control with less oedema.

The antihypertensive effect of TWYNSTA was similar irrespective of age and gender, and was similar in patients with and without diabetes.

TWYNSTA has not been studied in any patient population other than hypertension. Telmisartan has been studied in a large outcome study in 25620 patients with high cardiovascular risk (ONTARGET). Amlodipine has been studied in patients with chronic stable angina, vasospastic angina and angiographically documented coronary artery disease. (see also PHARMACOLOGY)

## **INDICATIONS**

Treatment of hypertension. Treatment should not be initiated with this fixed-dose combination. (see DOSAGE AND ADMINISTRATION)



## CONTRAINDICATIONS

- Hypersensitivity to the active ingredients or to any of the excipients
- Hypersensitivity to dihydropyridine derivatives
- Pregnancy
- Lactation
- Biliary obstructive disorders
- Severe hepatic impairment
- Cardiogenic shock
- The concomitant use of TWYNSTA with aliskiren is contraindicated in patients with diabetes mellitus or renal impairment (GFR < 60 mL/min/1.73 m<sup>2</sup>)

In case of rare hereditary conditions that may be incompatible with an excipient of the product, the use of the product is contraindicated (see PRECAUTIONS).

## PRECAUTIONS

### Hepatic impairment

*Telmisartan:* Telmisartan is mostly eliminated in the bile. Patients with biliary obstructive disorders or severe hepatic insufficiency can be expected to have reduced clearance. TWYNSTA is therefore, contraindicated for use in these patients.

TWYNSTA should only be used with caution in patients with mild to moderate hepatic impairment (see DOSAGE AND ADMINISTRATION).

*Amlodipine:* As with all calcium antagonists, amlodipine half-life is prolonged in patients with impaired liver function and dosage recommendations have not been established. Worsening of liver function test values may occur. Amlodipine should therefore be administered with caution in these patients and careful monitoring should be performed. A lower starting dose may be required (see DOSAGE AND ADMINISTRATION).

TWYNSTA should therefore be used with caution in these patients.

### Renovascular hypertension

*Telmisartan:* There is an increased risk of severe hypotension and renal insufficiency when patients with bilateral renal artery stenosis or stenosis of the artery to a single functioning kidney are treated with medicinal products that affect the renin-angiotensin-aldosterone system.

Increases in serum creatinine have been observed in studies with ACE-inhibitors in patients with single or bilateral renal artery stenosis. An effect similar to that observed with ACE inhibitors should be anticipated with TWYNSTA.

### Renal impairment and kidney transplantation

When TWYNSTA is used in patients with impaired renal function, a periodic monitoring of potassium and creatinine serum levels is recommended.

There is no experience regarding the administration of TWYNSTA in patients with a recent kidney transplant.

*Telmisartan:* As a consequence of inhibiting the renin-angiotensin-aldosterone system, changes in renal function may be anticipated in susceptible individuals. Telmisartan is not dialysable.

*Amlodipine:* Amlodipine is extensively metabolised to inactive metabolites with 10% excreted as unchanged drug in the urine. Changes in amlodipine plasma concentrations are not correlated with degree of renal impairment. Amlodipine may be used in such patients at normal doses. Amlodipine is not dialysable.

### **Intravascular hypovolaemia**

*Telmisartan:* Symptomatic hypotension, especially after the first dose, may occur in patients who are volume and/or sodium depleted by e.g. vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of TWYNSTA.

### **Dual blockade of the renin-angiotensin-aldosterone system**

*Telmisartan:* As a consequence of inhibiting the renin-angiotensin-aldosterone system changes in renal function (including acute renal failure) have been reported in susceptible individuals, especially if combining medicinal products that affect this system. TWYNSTA can be administered with other antihypertensive drugs, however dual blockade of the renin-angiotensin-aldosterone system (e.g. by adding an ACE-inhibitor or the direct renin-inhibitor aliskiren to an angiotensin II receptor antagonist) is not recommended and should therefore be limited to individually defined cases with close monitoring of renal function (see CONTRAINDICATIONS).

In the ONTARGET trial, patients receiving the combination of telmisartan and ramipril did not obtain any additional benefit compared to monotherapy, but experienced an increased incidence of hyperkalaemia, renal failure, hypotension and syncope compared with groups receiving telmisartan alone or ramipril alone (see Interactions with other medicines). Concomitant use of TWYNSTA and ramipril is therefore not recommended in patients with already controlled blood pressure.

### **Other conditions with stimulation of the renin-angiotensin-aldosterone system**

*Telmisartan:* In patients whose vascular tone and renal function depend predominantly on the activity of the renin-angiotensin-aldosterone system (e.g. patients with severe congestive heart failure or underlying renal disease, including renal artery stenosis), treatment with medicinal products (e.g. angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists) has been associated with acute hypotension, hyperazotaemia, oliguria, or rarely acute renal failure and/or death.

### **Combination use of ACE inhibitors or angiotensin receptor antagonists, anti-inflammatory drugs and thiazide diuretics**

The use of an ACE-inhibitor or angiotensin receptor antagonist, an anti-inflammatory drug (NSAID or COX-2 inhibitor) and a thiazide diuretic at the same time increases the risk of renal impairment. This includes use in fixed-combination products containing more than one class of drug. Combined use of these medications should be accompanied by increased monitoring of serum creatinine, particularly at the institution of the combination. The combination of drugs from these three classes should be used with caution particularly in elderly patients or those with pre-existing renal impairment.

### **Primary aldosteronism**

*Telmisartan:* Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of telmisartan is not recommended.

## **Diabetes Mellitus**

Exploratory post-hoc analyses of two placebo-controlled telmisartan trials suggested an increased risk of fatal myocardial infarction and unexpected cardiovascular death (death occurring within 24 hours of the onset of symptoms without confirmation of cardiovascular cause, and without clinical or post mortem evidence of other etiology) in patients with diabetes mellitus who have no documented medical history of either coronary heart disease or myocardial infarction. In patients with diabetes mellitus, coronary heart disease may be asymptomatic and can therefore remain undiagnosed. Treatment with the blood pressure lowering agent TWYNSTA may further reduce coronary perfusion in these patients. For this reason, patients with diabetes mellitus should undergo specific diagnostics and be treated accordingly before initiating therapy with TWYNSTA.

## **Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy**

*Both telmisartan and amlodipine:* As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

## **Unstable angina pectoris, acute myocardial infarction**

There are no data to support the use of TWYNSTA in unstable angina pectoris and during or within one month of a myocardial infarction.

*Amlodipine:* Rarely, patients, particularly those with severe obstructive coronary artery disease, have developed documented increased frequency, duration or severity of angina or acute myocardial infarction on starting calcium channel blocker therapy or at the time of dosage increase. The mechanism of this effect has not been elucidated.

## **Beta-blocker withdrawal**

*Amlodipine:* Amlodipine is not a beta-blocker and therefore provides no protection against the dangers of abrupt beta-blocker withdrawal; any such withdrawal should be by gradual reduction of the dose of beta-blocker.

## **Heart failure**

*Amlodipine:* In general, calcium channel blockers should be used with caution in patients with heart failure. In a long-term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of non-ischaemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

## **Hyperkalaemia**

*Telmisartan:* During treatment with medicinal products that affect the renin-angiotensin-aldosterone system hyperkalaemia may occur, especially in the presence of renal impairment and/or heart failure. Monitoring of serum potassium in patients at risk is recommended.

Based on experience with the use of medicinal products that affect the renin-angiotensin system, concomitant use with potassium-sparing diuretics, potassium supplements, salt substitutes containing potassium or other medicinal products that may increase the potassium level (e.g. heparin, etc.) may lead to an increase in serum potassium and should therefore be co-administered cautiously with telmisartan.

## **Sorbitol**

TWYNSTA tablets contain 337.28 mg of sorbitol per maximum recommended daily dose. Patients with the rare hereditary condition of fructose intolerance should not take this medicine.

## **Ethnic differences**

TWYNSTA was effective when treating black patients (usually a low-renin population). The magnitude of blood pressure lowering in black patients approached that observed in non-black patients.

## **Other**

*Telmisartan:* As observed for angiotensin converting enzyme inhibitors, angiotensin receptor antagonists are apparently less effective in lowering blood pressure in black people than in non-blacks, possibly because of higher prevalence of low-renin states in the black hypertensive population.

As with any antihypertensive agent, excessive reduction of blood pressure in patients with ischaemic cardiopathy or ischaemic cardiovascular disease could result in a myocardial infarction or stroke.

## **Use in pregnancy (Category D)**

The effects of TWYNSTA during pregnancy are not known. Nonclinical studies investigating the reproductive toxicity of TWYNSTA have not been conducted. Effects related to the individual components are described below.

*Telmisartan:* Angiotensin II receptor antagonists should not be initiated during pregnancy. The use of angiotensin II receptor antagonists is not recommended during the first trimester of pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started. The use of angiotensin II receptor antagonists is contraindicated during the second and third trimester of pregnancy.

Although there is no clinical experience with telmisartan in pregnant women, *in utero* exposure to drugs that act directly on the renin-angiotensin system can cause fetal and neonatal morbidity and even death. Several dozen cases have been reported in the world literature in patients who were taking angiotensin converting enzyme inhibitors. Therefore, when pregnancy is detected, telmisartan should be discontinued as soon as possible.

Angiotensin II receptor antagonist exposure during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, hyperkalaemia). Oligohydramnios reported in this setting, presumably resulting from decreased fetal renal function, has been associated with fetal limb contractures, craniofacial deformation, and hypoplastic lung development. Prematurity, intrauterine growth retardation, and patent ductus arteriosus have also been reported, although it is not clear whether these occurrences were due to exposure to the drug.

These adverse effects do not appear to occur when drug exposure has been limited to the first trimester. Mothers whose embryos and fetuses are exposed to an angiotensin II receptor antagonist only during the first trimester should be so informed. Women of child-bearing age should be warned of the potential hazards to their fetus should they become pregnant.

Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative anti-hypertensive treatments which have an

established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started.

Should exposure to angiotensin II receptor antagonists have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended. Infants whose mothers have taken angiotensin II receptor antagonists should be closely observed for hypotension, oliguria and hyperkalaemia.

Preclinical studies with telmisartan do not indicate teratogenic effect, but have shown fetotoxicity. Telmisartan has been shown to cross the placenta in rats. There were no teratogenic effects when telmisartan was administered orally to rats and rabbits during the period of organogenesis at doses up to 50 and 45 mg/kg/day, respectively. However, fetal resorptions were observed at the highest dose level in rabbits. Administration of 50 mg/kg/day telmisartan to rats during pregnancy and lactation caused a decrease in birth weight and suppression of postnatal growth and development of the offspring. The no-effect dose level in rabbits was 15 mg/kg/day, and corresponded to a plasma AUC value that was about 9 times higher than that anticipated in women at the highest recommended dose. Plasma drug levels were not measured at the high dose level in rats, but data from other studies suggest that they would have been similar to those in women at the maximum recommended dose.

*Amlodipine:* Data on a limited number of exposed pregnancies do not indicate that amlodipine or other calcium receptor antagonists have a harmful effect on the health of the fetus. However, these drugs carry the potential to produce fetal hypoxia associated with maternal hypotension, and there may be a risk of prolonged delivery.

In reproductive toxicity studies in rats, delayed parturition, difficult labour and impaired fetal and pup survival were seen after oral administration at 10 mg/kg amlodipine besilate.

### **Effects on fertility**

Since the non-clinical toxicity profiles of telmisartan and amlodipine are not overlapping, no exacerbation of toxicity was expected for the combination.

Nonclinical studies investigating the reproductive toxicity of TWYNSTA have not been conducted. Nonclinical data available for the components of this fixed dose combination are reported below.

*Telmisartan:* Fertility of male and female rats was unaffected at oral telmisartan doses up to 100 mg/kg/day.

*Amlodipine:* There was no effect on the fertility of rats treated orally at doses of up to 18 mg/kg/day (about 16 times the MRHD of 10 mg/day on a mg/m<sup>2</sup> basis).

### **Use in lactation**

TWYNSTA is contraindicated during lactation, since it is not known whether telmisartan and/or amlodipine are excreted in human milk. Nonclinical studies investigating the effects of TWYNSTA during lactation have not been conducted.

Animal studies have shown excretion of telmisartan in breast milk. When administered orally to lactating rats at 50 mg/kg/day, telmisartan suppressed postnatal growth and development of the offspring.

Lactating women should either not be prescribed TWYNSTA or should discontinue breastfeeding if TWYNSTA is administered.

## Use in children

TWYNSTA is not recommended for use in patients aged below 18 years due to lack of data on safety and efficacy.

## Effects on ability to drive and use machines

No studies on the effects on the ability to drive and use machines have been performed. However, patients should be advised that they may experience undesirable effects such as syncope, somnolence, dizziness, or vertigo during treatment. Therefore, caution should be recommended when driving a car or operating machinery. If patients experience these adverse experiences, they should avoid potentially hazardous tasks such as driving or operating machinery.

## Carcinogenicity

No carcinogenicity studies have been conducted with the telmisartan/amlodipine combination. Nonclinical data available for the individual components are reported below.

*Telmisartan:* There was no evidence of carcinogenicity in rats and mice. Two-year studies in mice and rats did not show any increases in tumour incidences when telmisartan was administered in the diet at doses up to 1000 and 100 mg/kg/day, respectively. Plasma AUC values at the highest dose levels were approximately 60 and 15 times greater, respectively, than those anticipated in humans at the maximum recommended dose.

*Amlodipine:* Preclinical data reveal no special hazard for humans based on conventional studies of carcinogenic potential. Amlodipine did not induce tumours in rats at oral doses up to 2.5 mg/kg (plasma levels similar to those achieved clinically).

## Genotoxicity

No genotoxicity studies have been conducted with the telmisartan/amlodipine combination. Nonclinical data available for the individual components are reported below.

*Telmisartan:* Telmisartan was not genotoxic in a battery of tests for gene mutations and clastogenicity.

*Amlodipine:* Amlodipine was not genotoxic in a battery of tests for gene mutations and clastogenicity.

## INTERACTIONS WITH OTHER MEDICINES

No interactions between the two components of this fixed dose combinations have been observed in clinical studies.

### Interactions common to the combination

No drug interaction studies have been conducted with TWYNSTA and other medicinal products.

#### *Concomitant use to be taken into account*

*Other antihypertensive agents:* The blood pressure lowering effect of TWYNSTA can be increased by concomitant use of other antihypertensive medicinal products and vice versa.

*Agents with blood pressure lowering potential:* Based on their pharmacological properties it can be expected that the following medicinal products may potentiate the hypotensive effects of all

antihypertensives including TWYNSTA, e.g. baclofen, amifostine. Furthermore, orthostatic hypotension may be aggravated by alcohol, barbiturates, narcotics, or antidepressants.

*Corticosteroids (systemic route):* Reduction of the antihypertensive effect.

### Interactions linked to telmisartan

*Concomitant use to be taken into account*

*Other antihypertensive agents:* Telmisartan may increase the hypotensive effect of other antihypertensive agents.

*Others:* Other interactions of clinical significance have not been identified. Co-administration of telmisartan did not result in a clinically significant interaction with digoxin, warfarin, hydrochlorothiazide, glibenclamide, ibuprofen, paracetamol, simvastatin and amlodipine. For digoxin a 20% increase in median plasma digoxin trough concentration has been observed (39% in a single case), monitoring of plasma digoxin levels should be considered particularly when initiating, adjusting or discontinuing concomitant TWYNSTA.

*Concomitant use requiring caution*

*Non-steroidal anti-inflammatory drugs (NSAIDs):* Treatment with NSAIDs (i.e. aspirin at anti-inflammatory dosage regimens, COX-2 inhibitors and non-selective NSAIDs) is associated with the potential for acute renal insufficiency in patients who are dehydrated. Compounds acting on the renin-angiotensin-system like telmisartan may have synergistic effects. Patients receiving NSAIDs and telmisartan should be adequately hydrated and be monitored for renal function at the beginning of combined treatment. A reduced effect of antihypertensive drugs like telmisartan by inhibition of vasodilating prostaglandins has been reported during combined treatment with NSAIDs.

*Ramipril:* In one study, the co-administration of telmisartan 80 mg once daily and ramipril 10 mg once daily to healthy subjects increases steady-state  $C_{max}$  and AUC of ramipril 2.3- and 2.1 fold, respectively, and  $C_{max}$  and AUC of ramiprilat 2.4- and 1.5-fold, respectively. In contrast,  $C_{max}$  and AUC of telmisartan decrease by 31% and 16% respectively. The clinical relevance of this observation is not fully known. When co-administering telmisartan and ramipril, the response may be greater because of the possibly additive pharmacodynamics effects of the combined drugs and also because of the increased exposure to ramipril and ramiprilat in the presence of telmisartan. Combining telmisartan with ramipril in the ONTARGET trial resulted in a significantly higher incidence of hyperkalaemia, renal failure, hypotension and syncope compared to telmisartan alone or ramipril alone (see PHARMACOLOGY, Pharmacodynamics, telmisartan). Concomitant use of telmisartan and ramipril is therefore not recommended in patients with already controlled blood pressure and should be limited to individually defined cases with close monitoring of renal function.

*Lithium:* Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with angiotensin converting enzyme inhibitors. Cases have also been reported with angiotensin II receptor antagonists including telmisartan. Therefore, serum lithium level monitoring is advisable during concomitant use.

### Interactions linked to amlodipine

*Concomitant use requiring caution*

*Grapefruit and grapefruit juice:* Administration of TWYNSTA with grapefruit or grapefruit juice is not recommended since bioavailability may be increased in certain patients resulting in increased blood pressure lowering effects.

*CYP3A4 inhibitors:* A study in elderly patients has shown that diltiazem inhibits the metabolism of amlodipine, probably via CYP3A4 (plasma concentration increases by approximately 50% and the effect of amlodipine is increased). The possibility that more potent inhibitors of CYP3A4 (i.e. ketoconazole, itraconazole, ritonavir) may increase the plasma concentration of amlodipine to a greater extent than diltiazem cannot be excluded. Amlodipine should be used with caution together with CYP3A4 inhibitors.

*CYP3A4 inducers (anticonvulsant agents [e.g. carbamazepine, phenobarbital, phenytoin, fosphenytoin, primidone], rifampicin, hypericum perforatum):* Co-administration may lead to reduced plasma concentrations of amlodipine. Clinical monitoring is indicated, with possible dosage adjustment of amlodipine during the treatment with the inducer and after its withdrawal. Amlodipine should be used with caution together with CYP3A4 inducers.

#### *Concomitant use to be taken into account*

*Simvastatin:* Co-administration of multiple doses of amlodipine with simvastatin 80 mg resulted in an increase in exposure to simvastatin up to 77% compared to simvastatin alone. Therefore, limit the dose of simvastatin in patients on amlodipine to 20 mg daily.

*Immunosuppressants:* Amlodipine may increase the systemic exposure of ciclosporin or tacrolimus when co-administered. Frequent monitoring of trough blood levels of ciclosporin and tacrolimus and dose adjustment when appropriate is recommended.

*Others:* In monotherapy, amlodipine has been safely administered with thiazide diuretics, beta blockers, ACE inhibitors, long-acting nitrates, sublingual nitroglycerin, digoxin, warfarin, atorvastatin, sildenafil, aluminium/magnesium antacid, cimetidine, non-steroidal anti-inflammatory medicines, antibiotics and oral hypoglycaemic medicines. When amlodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect.

#### *Additional information*

Concomitant administration of 240 mL of grapefruit juice with a single oral dose of 10 mg amlodipine in 20 healthy volunteers did not show a significant effect on the pharmacokinetic properties of amlodipine.

Co-administration of amlodipine with cimetidine had no significant effect on the pharmacokinetics of amlodipine.

Co-administration of amlodipine with atorvastatin, digoxin or warfarin had no significant effect on the pharmacokinetics or pharmacodynamics of these agents.

## **ADVERSE EFFECTS**

### Fixed Dose Combination

The safety and tolerability of TWYNSTA has been evaluated in five controlled clinical studies with over 3500 patients, over 2500 of whom received telmisartan in combination with amlodipine.

Adverse reactions reported in clinical trials with telmisartan plus amlodipine are shown below according to system organ class.

Adverse reactions have been ranked under headings of frequency using the following convention: very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

Within each frequency grouping, adverse reactions are presented in order of decreasing seriousness.



**Infections and infestations**

Rare: Cystitis

**Psychiatric disorders**

Rare: Depression, anxiety, insomnia

**Nervous system disorders**

Common: Dizziness

Uncommon: Somnolence, migraine, headache, paraesthesia

Rare: Syncope, peripheral neuropathy, hypoaesthesia, dysgeusia, tremor

**Ear and labyrinth disorders**

Uncommon: Vertigo

**Cardiac disorders**

Uncommon: Bradycardia, palpitations

**Vascular disorders**

Uncommon: Hypotension, orthostatic hypotension, flushing

**Respiratory, thoracic and mediastinal disorders**

Uncommon: Cough

**Gastro-intestinal disorders**

Uncommon: Abdominal pain, diarrhoea, nausea

Rare: Vomiting, gingival hypertrophy, dyspepsia, dry mouth

**Skin and subcutaneous tissue disorders**

Uncommon: Pruritus

Rare: Eczema, erythema, rash

**Musculoskeletal and connective tissue disorders**

Uncommon: Arthralgia, muscle spasms (cramps in legs), myalgia

Rare: Back pain, pain in extremity (leg pain)

**Renal and urinary disorders**

Rare: Nocturia

**Reproductive system and breast disorders**

Uncommon: Erectile dysfunction

**General disorders and administration site conditions**

Common: Peripheral oedema

Uncommon: Asthenia (weakness), chest pain, fatigue, oedema

Rare: Malaise

**Investigations**

Uncommon: Hepatic enzymes increased

Rare: Blood uric acid increased

### *Additional information on the combination*

Peripheral oedema, a recognised dose dependent side effect of amlodipine, was generally observed at a lower incidence in patients who received the telmisartan/amlodipine combination than in those who received amlodipine alone.

The oedema related events (peripheral oedema, generalised oedema, and oedema) were consistently lower in patients who received TWYNSTA as compared to patients who received amlodipine 10 mg. In the factorial design trial, the oedema rates were 1.3% with TWYNSTA 40/5 mg and 80/5 mg, 8.8 % with TWYNSTA 40/10 mg and 80/10 mg and 18.4% with amlodipine 10 mg. In patients not controlled on amlodipine 5 mg the oedema rates were 4.4% for 40/5 mg and 80/5 mg and 24.9% for amlodipine 10 mg.

### *Additional information on individual components*

Side effects previously reported with one of the individual components (amlodipine or telmisartan) may be potential side effects with TWYNSTA as well, even if not observed in clinical trials or during the post-marketing period.

### Telmisartan

Other additional side effects reported with telmisartan monotherapy in the hypertension indication, irrespective of causal association, were as follows:

*Infections and infestations:* sepsis including fatal outcome, urinary tract infections (including cystitis), upper respiratory tract infections, bronchitis, infection, abscess, otitis media

*Blood and lymphatic system disorders:* anaemia, eosinophilia, thrombocytopenia

*Immune system disorders:* anaphylactic reaction, hypersensitivity, allergy

*Metabolism and nutrition disorders:* hyperkalaemia, hypoglycaemia (in diabetic patients), gout, hypercholesterolaemia, diabetes mellitus

*Psychiatric disorders:* nervousness

*Eye disorders:* visual disturbance, conjunctivitis

*Ear and labyrinth disorders:* tinnitus, earache

*Cardiac disorders:* tachycardia, angina pectoris

*Vascular disorders:* cerebrovascular disorder

*Respiratory, thoracic and mediastinal disorders:* dyspnoea, asthma, epistaxis

*Gastrointestinal disorders:* flatulence, stomach discomfort, constipation, gastritis, haemorrhoids, gastroenteritis, enteritis, gastroesophageal reflux, toothache

*Hepatobiliary disorders:* hepatic function abnormal, liver disorder\*

*\*Most cases of hepatic function abnormal / liver disorder from post-marketing experience with telmisartan occurred in patients in Japan, who are more likely to experience these adverse reactions*

*Skin and subcutaneous tissue disorders:* angioedema (with fatal outcome), hyperhidrosis, urticaria, drug eruption, toxic skin eruption, dermatitis

*Musculoskeletal and connective tissue disorders:* tendon pain (tendinitis like symptoms), arthritis

*Renal and urinary disorders:* renal impairment including acute renal failure (see also PRECAUTIONS), micturition frequency

*General disorders:* influenza-like illness, pain, fever

*Investigations:* haemoglobin decreased, blood creatinine increased, blood creatine phosphokinase (CPK) increased, abnormal ECG

### Amlodipine

Other additional side effects reported with amlodipine monotherapy, irrespective of causal association, were as follows:

*Blood and lymphatic system disorders:* leucopenia, thrombocytopenia

*Immune system disorders:* hypersensitivity

*Metabolism and nutrition disorders:* hyperglycaemia, anorexia

*Psychiatric disorders:* mood change, confusional state, abnormal dreams, depersonalisation, nervousness

*Nervous system disorders:* extrapyramidal disorder

*Eye disorders:* visual impairment, conjunctivitis, diplopia, eye pain

*Ear and labyrinth disorders:* tinnitus, vertigo

*Cardiac disorders:* myocardial infarction, arrhythmia, ventricular tachycardia, atrial fibrillation, tachycardia

*Vascular disorders:* vasculitis

*Respiratory, thoracic and mediastinal disorders:* dyspnoea, rhinitis, epistaxis

*Gastrointestinal disorders:* change of bowel habit, pancreatitis, gastritis, constipation, dysphagia, flatulence

*Hepatobiliary disorders:* hepatitis, jaundice, hepatic enzyme elevations (mostly consistent with cholestasis)

*Skin and subcutaneous tissue disorders:* alopecia, purpura, skin discolouration, hyperhidrosis, angioedema, erythema multiforme, urticaria, exfoliative dermatitis, Stevens-Johnson syndrome, photosensitivity reaction

*Musculoskeletal and connective tissue disorders:* arthrosis

*Renal and urinary disorders:* micturition disorder, pollakiuria, micturition frequency

*Reproductive system and breast disorders:* gynaecomastia, sexual dysfunction (male and female)

*General disorders:* pain, weight increased, weight decreased

## **DOSAGE AND ADMINISTRATION**

TWYNSTA should be taken once daily.

TWYNSTA may be taken with or without food.

TWYNSTA can be administered with other antihypertensive drugs.

#### Replacement therapy

Patients receiving telmisartan and amlodipine from separate tablets can instead receive TWYNSTA containing the same component doses in one tablet once daily, e.g. to enhance convenience or compliance.

#### Add on therapy

TWYNSTA may be administered in patients whose blood pressure is not adequately controlled with amlodipine or telmisartan alone.

Individual dose titration with the components (i.e. telmisartan and amlodipine) is recommended before changing to the fixed-dose combination. When clinically appropriate, direct change from monotherapy to the fixed-dose combination may be considered.

Patients treated with 10 mg amlodipine who experience any dose limiting adverse reactions such as oedema, may be switched to TWYNSTA 40/5 mg once daily, reducing the dose of amlodipine without reducing the overall expected antihypertensive response.

#### **Renal impairment**

No dosage adjustment is required for patients with renal impairment, including those on haemodialysis. Amlodipine and telmisartan are not dialysable (see PRECAUTIONS).

#### **Hepatic impairment**

In patients with mild to moderate hepatic impairment, TWYNSTA should be administered with caution. For telmisartan, the dosage should not exceed 40 mg once daily (see PRECAUTIONS).

TWYNSTA is contraindicated in patients with severe hepatic impairment (see CONTRAINDICATIONS).

#### **Elderly**

No dose adjustment is necessary for elderly patients.

#### **Children**

TWYNSTA is not recommended for use in patients aged below 18 years due to lack of data on safety and efficacy.

### **OVERDOSAGE**

In case of overdose, advice can be obtained from the Poisons Information Centre (telephone 13 11 26).

#### **Symptoms**

There is no experience of overdose with TWYNSTA. Signs and symptoms of overdose are expected to be in line with exaggerated pharmacological effects.

The most prominent manifestations of telmisartan overdosage were hypotension, or tachycardia; bradycardia might also occur.

Overdose with amlodipine may result in excessive peripheral vasodilatation and possibly reflex tachycardia. Marked and probably prolonged systemic hypotension up to and including shock with fatal outcome may occur.

### **Treatment**

Supportive treatment should be instituted. Intravenous calcium gluconate may be beneficial in reversing the effects of calcium channel blockade. Telmisartan and amlodipine are not removed by haemodialysis.

### **PRESENTATION AND STORAGE CONDITIONS**

TWYNSTA 40/5 mg tablets are oval, biconvex shaped two layer tablets, white to off white on one side and blue on the other side. The white side is debossed with Boehringer Ingelheim company logo and 'A1'. The blue side is plain. Each tablet contains 40 mg telmisartan and 5 mg amlodipine. TWYNSTA 40/5 mg tablets are available in PA/AI/PVC/AI blister packs containing 7 (sample), 14\*, 28, 30\*, 56\* and 98\* tablets.

TWYNSTA 40/10 mg tablets are oval, biconvex shaped two layer tablets, white to off white on one side and blue on the other side. The white side is debossed with Boehringer Ingelheim company logo and 'A2'. The blue side is plain. Each tablet contains 40 mg telmisartan and 10 mg amlodipine. TWYNSTA 40/10 mg tablets are available in PA/AI/PVC/AI blister packs containing 7 (sample)\*, 14\*, 28, 30\*, 56\* and 98\* tablets.

TWYNSTA 80/5 mg tablets are oval, biconvex shaped two layer tablets, white to off white on one side and blue on the other side. The white side is debossed with Boehringer Ingelheim company logo and 'A3'. The blue side is plain. Each tablet contains 80 mg telmisartan and 5 mg amlodipine. TWYNSTA 80/5 mg tablets are available in PA/AI/PVC/AI blister packs containing 7 (sample), 14\*, 28, 30\*, 56\* and 98\* tablets.

TWYNSTA 80/10 mg tablets are oval, biconvex shaped two layer tablets, white to off white on one side and blue on the other side. The white side is debossed with Boehringer Ingelheim company logo and 'A4'. The blue side is plain. Each tablet contains 80 mg telmisartan and 10 mg amlodipine. TWYNSTA 80/10 mg tablets are available in PA/AI/PVC/AI blister packs containing 7 (sample), 14\*, 28, 30\*, 56\* and 98\* tablets.

*\* Not currently distributed in Australia.*

### **Storage**

Store below 30°C.

Store in original package in order to protect from light and moisture.

TWYNSTA tablets should not be removed from their foil pack until required for administration.

### **NAME AND ADDRESS OF THE SPONSOR**

Boehringer Ingelheim Pty Limited  
ABN 52 000 452 308  
78 Waterloo Road  
North Ryde NSW 2113

### **POISON SCHEDULE OF THE MEDICINE**

S4 – Prescription Only Medicine

**DATE OF FIRST INCLUSION IN THE AUSTRALIAN REGISTER OF THERAPEUTIC GOODS  
(THE ARTG)**

18 February 2011

**DATE OF MOST RECENT AMENDMENT**

17 March 2017