



<p>Rx Telmisartan Tablets IP 20 mg.</p> <p>Telmicon-20</p> <p>टेलमिकोन-२० Tablets</p> <p>10 x 10 Tablets</p>	

Each uncoated tablet contains:
Telmisartan I.P. 20 mg.
Excipients Q.S.
Dose: As directed by the Physician

**Storage: Store in a cool dry place,
Protect from Light.**

Keep medicine out of reach of children

SCHEDULE "H" PRESCRIPTION DRUG-CAUTION
Not to be sold by retail without the prescription of a
Registered Medical Practitioner.

Warning When pregnancy is detected, Telmisartan should be
discontinued as soon as possible as it can cause injury and even
death to the developing fetus, when used in pregnancy during
second and third trimester of pregnancy.

Mfg. by :Shantam Pharmaceuticals Pvt. Ltd.
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Brand Name: TELMICON-20 MG TAB
Active Ingredient: Telmisartan 20mg

General Information:

TELMICON-20 MG TAB contains **Telmisartan**, a medication belonging to the **Angiotensin II receptor blocker (ARB)** class. It is primarily used to treat high blood pressure (hypertension) and reduce the risk of heart attack, stroke, and kidney damage. Telmisartan works by blocking the action of a hormone that causes blood vessels to constrict, helping to relax and widen the blood vessels, which lowers blood pressure and improves blood flow.

Indications and Uses:

- **Hypertension (high blood pressure):** TELMICON-20 MG is used to lower blood pressure in adults and helps prevent complications such as heart disease and stroke.
- **Chronic Heart Failure:** It may be used to improve heart function in patients with heart failure.
- **Kidney Protection:** It can reduce the risk of kidney damage in patients with diabetes and high blood pressure.

Common Side Effects:

- Dizziness or lightheadedness, especially when standing up suddenly
- Fatigue
- Upper respiratory tract infection (cold-like symptoms)
- Back pain

Less Common Side Effects:

- Low blood pressure (hypotension)
- Elevated blood potassium levels (hyperkalemia)
- Swelling of the feet or legs
- Nausea or abdominal discomfort

Dosage and Administration:

- **Recommended Dose:** The usual starting dose is **20mg**, taken once daily. The dose may be adjusted based on the patient's response to the medication.
- **Administration:** Swallow the tablet whole with a glass of water, with or without food. It is recommended to take the medication at the same time each day for the best effect.

Warnings and Precautions:

- **Kidney or Liver Issues:** If you have a history of kidney or liver disease, inform your doctor, as the medication may need to be adjusted.
- **Pregnancy and Breastfeeding:** Do not use TELMICON-20 MG during pregnancy, especially during the second and third trimesters. It is not recommended for breastfeeding mothers.
- **Electrolyte Imbalance:** TELMICON-20 MG may increase potassium levels in the blood, so regular monitoring is necessary.
- **Blood Pressure Monitoring:** Your blood pressure should be regularly monitored to ensure the medication is effective.

Drug Interactions:

- **Diuretics (water pills):** May increase the risk of low blood pressure or dehydration.
 - **NSAIDs (Non-steroidal anti-inflammatory drugs):** May reduce the effectiveness of Telmisartan.
 - **Lithium:** Concomitant use may increase lithium toxicity.
 - **Other antihypertensive medications:** May lead to excessive lowering of blood pressure.
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Contraindications:

- Do not use if allergic to Telmisartan or any component of the tablet.
 - **Pregnancy:** Not recommended during pregnancy, especially in the second and third trimesters.
 - **Severe liver or kidney impairment:** Should not be used in patients with severe liver or kidney issues.
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Dos and Don'ts:**Do:**

- Take the medication as prescribed by your doctor.
- Stay hydrated and monitor your blood pressure regularly.
- Inform your healthcare provider about other medications you are using.

Don't:

- Do not stop taking the medication without consulting your doctor.
 - Avoid using salt substitutes containing potassium without consulting your doctor.
 - Avoid alcohol as it can increase the risk of dizziness or fainting.
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Before Taking TELMICON-20 MG TAB:

Before starting this medication, inform your doctor if you have:

- Any history of heart, liver, or kidney disease
 - Pregnancy or plan to become pregnant
 - Any other medications or supplements you are currently taking
 - Allergies to any medications
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Contact Information:

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Disclaimer: This is general information about the product. Always consult your doctor or healthcare provider before using TELMICON-20 MG TAB. Do not alter the prescribed dosage. The information

provided is for better understanding, and any adjustments to the dosage should be made under medical supervision.

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