

## APPROVED PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

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**TORUS 10, 10 mg film coated tablet**

**TORUS 20, 20 mg film-coated tablet**

**Rosuvastatin calcium**

**Contains sugar (lactose monohydrate)**

### Read all of this leaflet carefully before you start taking TORUS

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse or other health care provider.
- **TORUS** has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

### What is in this leaflet

1. What **TORUS** is and what it is used for
2. What you need to know before you take **TORUS**
3. How to take **TORUS**
4. Possible side effects
5. How to store **TORUS**
6. Contents of the pack and other information

## **1. What TORUS is and what it is used for**

**TORUS** contains 10 mg or 20 mg of rosuvastatin, as rosuvastatin calcium, per film-coated tablet and belongs to the pharmacotherapeutic group called HMG-CoA reductase inhibitors.

**TORUS** is used to reduce the risk of incidents that may cause damage to the heart muscle in patients at risk of developing heart disease as a result of build-up of fats in and on the blood vessels of the heart.

**TORUS** is used, together with diet, to lower high levels of fats in the blood, which are called lipids, usually when changes to diet and exercise have failed to do this.

**TORUS**, in addition to diet, lowers “bad” cholesterol (LDL) and increases “good” cholesterol (HDL) in the blood.

**TORUS** is also used to reduce total cholesterol and “bad” cholesterol (LDL) in adult patients with very high cholesterol and a family history of high cholesterol, either alone or together with diet and other lipid lowering treatments.

**TORUS** 40 mg should only be considered in patients with severe high cholesterol and high cardiovascular risk who do not achieve their treatment goal on 20 mg of **TORUS** or alternative therapy.

Specialist supervision is recommended when the 40 mg dose is initiated.

**TORUS** can be used in children and adolescents (10 to 17 years of age) to reduce the total cholesterol, “bad” cholesterol (LDL) and lipids in patients with genetically inherited high cholesterol called heterozygous familial hypercholesterolaemia (HeFH).

## **2. What you need to know before you take TORUS**

### **Do not take TORUS:**

- if you are hypersensitive (allergic) to rosuvastatin or any of the other ingredients of **TORUS** (listed in section 6)

- if you currently have a liver disease
- if you have severe kidney problems
- if you take a medicine called ciclosporin (used, for example, after organ transplants) (see **Other Medicines and TORUS**)
- if you are pregnant or breastfeeding or if you are a woman of childbearing potential not using appropriate contraceptive measures (see **Pregnancy, breastfeeding and fertility**)

Patients with the following pre-disposing conditions for a muscle disease called myopathy must not use a dose Rosuvastatin 40mg (the highest dose). The following conditions may increase the risk of muscle disorders:

- if you have moderate kidney problems (if in doubt, please ask your doctor)
- if you have a condition called hypothyroidism (underactive thyroid)
- if you have had any repeated or unexplained muscle aches or pains, a personal or family history of muscle problems, or a previous history of muscle problems when taking other cholesterol-lowering medicines
- if you regularly drink large amounts of alcohol
- if you are taking other medicines called fibrates (for high cholesterol)
- if you are of Asian descent

## **Warnings and precautions**

### **Take special care with TORUS:**

Talk to your doctor or pharmacist before you take **TORUS**:

- if you have problems with your kidneys
- if you have unexplained muscle aches and pains, muscle weakness, cramps and especially if you feel unwell or have a fever, tell your doctor immediately

- if your thyroid gland is not working properly (hypothyroidism)
- if you have a personal or family history of hereditary muscular disorders
- if you have a previous history of muscle problems when using cholesterol lowering medicines
- if you regularly consume large amounts of alcohol
- if you are above 70 years of age
- if you are taking fibrates (cholesterol lowering medicine) please see **Other medicine and TORUS**
- if you are taking or have taken in the last 7 days a medicine called fusidic acid (a medicine for bacterial infection), orally or by injection. The combination of fusidic acid and **TORUS** can lead to serious muscle problems (rhabdomyolysis), please see **Other medicine and TORUS**
- if you are taking other HMG-CoA reductase inhibitors together with fibric acid derivatives including gemfibrozil, ciclosporin, nicotinic acid, azole antifungals, protease inhibitors (such as lopinavir/ritonavir – medicines used to treat HIV infection) and macrolide antibiotics (see **Other medicine and TORUS**).

**TORUS** may cause interstitial lung disease, especially with long-term treatment. Tell your doctor if you experience difficulty breathing, develop a non-productive cough and/or deterioration in general health (e.g. fatigue, weight loss and fever) while taking **TORUS**.

In a small number of people, **TORUS** can affect the liver. This is identified by a test which looks for increased levels of liver enzymes in the blood. For this reason, your doctor will usually carry out this blood test (liver function test) before treatment starts with **TORUS**, and if needed thereafter.

In patients whose high cholesterol is caused by another disease, such as thyroid or kidney problems, the underlying disease should be treated prior to initiating therapy with **TORUS**.

While you are on **TORUS** your doctor will monitor you closely if you have diabetes or are at risk of developing diabetes. You are likely to be at risk of developing diabetes if you have high levels of sugars and fats in your blood, are overweight and have high blood pressure. **TORUS** should be used with care in patients with Type 2 diabetes and in patients at risk.

#### **Other medicines and TORUS:**

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.)

Tell your doctor if you are taking any of the following medicines:

#### ***Contraindicated combinations***

**TORUS** should not be used together with ciclosporin (used for example, after organ transplants).

The 40 mg dose is contraindicated with concomitant use of a fibrate.

#### ***There may be a higher than usual chance of other side effects***

Fibrates (such as gemfibrozil, fenofibrate) or any other medicine used to lower cholesterol (such as ezetimibe) as these medicines may increase the effect of **TORUS** and the risk of developing serious muscle problems (see **Do not take TORUS** above).

Fusidic acid (an antibiotic) may increase the risk of developing serious muscle problems (see **Take special care with TORUS** above). If you need to take oral fusidic acid to treat a bacterial infection you will need to temporarily stop using **TORUS**. Your doctor will tell you when it is safe to restart **TORUS**. Taking **TORUS** with fusidic acid may lead to muscle weakness, tenderness or pain (rhabdomyolysis).

Medicines used to treat viral infections, including HIV or hepatitis C infection, alone or in combination (please see **Take special care with TORUS** above), as these medicines may increase the effect of **TORUS** and may lead to an increase in the possible side effects of **TORUS**: ritonavir, lopinavir, atazanavir, ombitasvir, paritaprevir, dasabuvir, velpatasvir, grazoprevir, elbasvir, glecaprevir, pibrentasvir, darunavir, tipranavir.

**Effect of TORUS may be increased:**

- Warfarin or clopidogrel (or any other medicine used for thinning the blood) as **TORUS** may affect the way this medicine works; clopidogrel may increase the effect of **TORUS**.
- Regorafenib (used to treat cancer) as this may increase the effect of **TORUS**.
- Eltrombopag (used to treat low blood platelet counts caused by an autoimmune disorder) as this may increase the effect of **TORUS**.
- Dronedarone (used to treat abnormal heart rhythm) as this may increase the effect of **TORUS**.
- Itraconazole (used to treat fungal infections) as this may increase the effect of **TORUS**.

**Effect of TORUS may be decreased:**

- Indigestion remedies, such as antacids (used to neutralise acid in your stomach) as these medicines may decrease the effect of **TORUS**.
- Erythromycin (an antibiotic) as this may decrease the effect of **TORUS**.

**TORUS may increase the effect of other medicines:**

- Oral contraceptives (the pill) as **TORUS** may increase the effect of contraceptives.
- Hormone replacement therapy as **TORUS** may increase the effect of these medicines.

**Taking TORUS with food and alcohol**

You can take **TORUS** with or without food.

If you regularly drink large amounts of alcohol, it may increase your risk of muscle disorders.

**Pregnancy and breastfeeding**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Women of child-bearing potential should use appropriate contraceptive measures.

**TORUS** is contraindicated in pregnancy and lactation.

**Driving and using machines**

**TORUS** may cause dizziness, therefore you should not drive or use machines until you know how **TORUS** affects you.

It is not always possible to predict to what extent **TORUS** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which **TORUS** affects them.

### **3. How to take TORUS**

Do not share medicines prescribed for you with any other person.

Always take **TORUS** exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Before starting treatment, your doctor should place you on a standard cholesterol-lowering diet that should continue during treatment.

The dosage range for **TORUS** is 5 - 40 mg orally once a day. The recommended start dose is 5 mg once a day.

Your dosage will be individualised according to your cholesterol levels, your risk factors and your response to **TORUS**-therapy. The majority of patients are controlled at the 10 mg dose. However, if necessary, dose adjustment can be made at 2 – 4 week intervals.

A 5 mg starting dose is recommended for patients of Asian ancestry and for patients requiring a smaller reduction in “bad” cholesterol (LDL-C) to achieve treatment target.

For patients with severely high cholesterol (including genetically inherited high cholesterol,), a start dose of 20 mg may be considered.

For patients with genetically inherited high cholesterol, a start dose of 20 mg once a day is recommended.

### **Children and adolescents 10 - 17 years of age:**

In children and adolescents with genetically inherited high cholesterol, the usual dose range is 5 - 20 mg orally once daily.

**Special populations:*****Use in the elderly:***

The usual dose range applies.

***Dosage in patients with renal insufficiency:***

The starting dose applies in patients with mild to moderate renal impairment.

For patients with severe renal impairment the dose of **TORUS** should not exceed 10 mg once daily.

***Dosage in patients with hepatic insufficiency:***

The usual starting dose applies in patients with mild to moderate hepatic impairment. Patients with severe hepatic impairment should start therapy with **TORUS** 5 mg, doses above 10 mg should be carefully considered.

***Race:***

A 5 mg starting dose of **TORUS** should be considered for Asian patients.

Your doctor will tell you how long your treatment with **TORUS** will last. It may take weeks or months of treatment for you to see any improvement in your symptoms and your symptoms might even worsen when **TORUS** is started. Do not stop treatment early.

If you have the impression that the effect of **TORUS** is too strong or too weak, tell your doctor or pharmacist.

**If you take more **TORUS** than you should**

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

### **If you forget to take TORUS**

Do not take a double dose to make up for the forgotten individual doses.

### **Possible side effects**

**TORUS** can have side effects.

Not all side effects reported for **TORUS** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **TORUS**, please consult your health care provider for advice.

If any of the following happens, stop taking **TORUS** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Difficulty in breathing, with or without swelling of the face, lips, tongue and/or throat which may cause difficulty in swallowing, severe itching of the skin (with raised lumps).
- Blistering of the skin, mouth and eyes (Steven-Johnson syndrome).
- Jaundice (yellowing of the skin and eyes).

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **TORUS**. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- Any unusual aches and pains in your muscles which go on for longer than you might expect, especially if you develop a fever or feel unwell. Unpleasant muscle effects may become a potentially life threatening

muscle damage known as rhabdomyolysis. Muscle symptoms are more frequent in children and adolescents than in adults.

- Tendon disorders sometimes complicated by rupture.
- Serious muscle damage presenting as unexplained muscle aches and pains, feeling unwell and a fever (immune-mediated necrotising myopathy).
- A severe stomach pain (inflamed pancreas).
- Increase in liver enzymes in the blood.
- Hepatitis (an inflamed liver).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

*Frequent side effects:*

- Increased glucose levels, diabetes
- Headache, dizziness
- Constipation, nausea, stomach pain
- Muscle pain
- Feeling weak or a lack of energy.

*Less frequent side effects:*

- Abnormal bleeding or bruising
- Memory loss
- Numbness, tingling, loss of sensation in the arms and legs, burning feeling in the hands or feet (polyneuropathy)
- Rash, itching or other skin reactions
- Oedema (swelling under the skin)
- Cough, shortness of breath, difficulty breathing

- Lupus-like disease syndrome (including rash, joint disorders and effects on blood cells)
- Muscle rupture
- Joint pain
- Traces of blood in your urine
- Breast enlargement in men (gynaecomastia).

*Side effects with unknown frequency:*

- Depression
- Diarrhoea
- An increase in the amount of protein in the urine
- Numbness and tingling in hands or feet (peripheral neuropathy).

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### **Reporting of side effects**

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “6.04 Adverse Drug Reaction Reporting Form”, found online under SAHPRA’s publications:

<https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **TORUS**.

### **4. How to store TORUS**

Store all medicines out of reach of children.

- Store at or below 25 °C
- Do not refrigerate/ freeze

- Store in the original package/ container
- Keep the container in the outer carton/ Keep the container tightly closed
- There are no special storage instructions for **TORUS**
- Protect from light / moisture
- Do not store in a bathroom
- Do not use after the expiry date stated on the label / carton / bottle

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## **5. Contents of the pack and other information**

### **What TORUS contains**

- The active substance is rosuvastatin calcium
- The other ingredients are lactose monohydrate, microcrystalline cellulose, crospovidone, ferric oxide red (E 172), magnesium stearate, hypromellose, triacetin and titanium dioxide (E 171).

### **What TORUS looks like and contents of the pack**

#### **TORUS 10 mg**

**TORUS 10 mg** are light pink coloured, round, biconvex, film-coated tablets with a diameter of approx. 7.5 mm, debossed with break line on both sides, separating “11” and “36” on one side and “10” on the other side.

#### **TORUS 20 mg**

**TORUS 20 mg** are light pink coloured, round, biconvex, film-coated tablets with a diameter of approx. 9.6 mm, debossed with break line on both sides, separating “11” and “37” on one side and “20” on the other side.

**TORUS** is available in

Aluminium/ OPA/Aluminium/PVC blister packs containing 7, 14, 15, 20, 28, 30, 42, 50, 56, 60, 84, 90, 98, 100 or 200 tablets.

HDPE bottles, neck finish with child resistant closure and with induction sealing was containing 30, 90 or 500 (hospital pack, for use on more than one patient) tablets.

Not all pack sizes may be marketed.

**Holder of Certificate of Registration**

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**This leaflet was last revised in**

28 July 2023

**Registration number**

**TORUS 10:** 49/7.5/1131

**TORUS 20:** 49/7.5/1132

**Access to the corresponding Professional Information**

The PI is available with the PIL in the container.