

PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a physician's prescription only

ARMONIA PLUS

Hard Capsules

Each capsule contains 0.5 mg dutasteride and 0.4 mg tamsulosin hydrochloride.

For the list of inactive and allergenic ingredients in the preparation, see section 2 "Important information about some of the ingredients of the medicine" and section 6 "Further information".

Read the leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the physician or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them even if it seems to you that their medical condition is similar. This medicine is intended for men only.

1. WHAT IS THE MEDICINE INTENDED FOR?

- Treatment of moderate to severe symptoms of benign prostatic hyperplasia (BPH).
- Reduction in the risk of acute urinary retention (AUR) and surgery in patients with moderate to severe symptoms of BPH.

Armonia Plus is used to treat men with an enlarged prostate (benign prostatic hyperplasia) – a non-cancerous growth of the prostate gland, caused by producing too much of a hormone called dihydrotestosterone. Growth of the prostate can lead to problems in the urinary system, such as difficulty in passing urine and a need to go to the toilet frequently. It may also slow down and weaken the flow of urine. Without treatment, there is a risk that your urine flow will be completely blocked (acute urinary retention). This condition requires immediate medical treatment. Sometimes surgery is necessary to remove or reduce the size of the prostate gland.

Dutasteride reduces the production of a hormone called dihydrotestosterone, which helps to shrink the prostate and relieve the symptoms. This will reduce the risk of acute urinary retention and the need for surgery. Tamsulosin acts by relaxing the muscles in the prostate gland, thus making it easier to pass urine and rapidly improving your symptoms.

Therapeutic group: Armonia Plus is a combination of two different medicines called dutasteride and tamsulosin. Dutasteride belongs to a group of medicines called *5-alpha reductase inhibitors* and tamsulosin belongs to a group of medicines called *alpha-blockers*.

2. BEFORE USING THE MEDICINE

Do not use Armonia Plus:

- **if you are sensitive (allergic) to the active ingredients dutasteride and tamsulosin hydrochloride, other 5-alpha reductase inhibitors, soya, peanuts or to any of the additional ingredients contained in the medicine, as listed in section 6 "Further information".**
- **in women (as the medicine is intended for men only).**
- **in children or adolescents under the age of 18.**
- **if you have low blood pressure** which causes you to be dizzy, feeling like you are about to faint or fainting (orthostatic hypotension).
- **if you have a severe liver disease.**
- If you think any of these apply to you, **do not take the medicine and tell your physician.**

Special warnings regarding the use of the medicine

Talk to your physician before you take **Armonia Plus**.

- In some clinical studies, more patients taking dutasteride and another medicine called an alpha-blocker, like tamsulosin, experienced heart failure than patients taking only dutasteride or only an alpha-blocker. Heart failure means your heart does not pump blood as well as it should.
- **Make sure your physician knows if you have liver problems.** If you have had any illness that affected your liver, you may need to undergo some additional check-ups while taking **Armonia Plus**.
- **Make sure your physician knows if you have severe kidney problems.**
- **Cataract (opacity of the lens of the eye) surgery.** If you are going to undergo surgery to remove a cataract, your physician may ask you to stop taking **Armonia Plus** for a certain period of time before the operation. Tell your ophthalmologist before the operation that you are taking **Armonia Plus** or tamsulosin (or have taken these medicines in the past). Your ophthalmologist will need to take appropriate precautions to help prevent complications during your operation.
- **Women, children and adolescents** must avoid contact with leaking **Armonia Plus** capsules, because the active ingredient can be absorbed through the skin. If there is any contact with the skin, **wash the contact area immediately** with soap and water.
- **Use a condom during sexual intercourse.** Dutasteride has been found in the semen of men taking **Armonia Plus**. If your partner is or may be pregnant, you must avoid exposing her to your semen as dutasteride may affect the normal development of a male fetus. Dutasteride has been shown to decrease sperm count, semen volume and sperm motility. This could reduce your fertility.
- **Armonia Plus affects the blood test for PSA (prostate-specific antigen),** which is sometimes used to detect prostate cancer. Your physician should be aware of this effect and can still use the test to detect prostate cancer. If you are undergoing a blood test for PSA, tell your physician that you are taking **Armonia Plus**. **Men taking Armonia Plus should have their PSA tested regularly.**
- In a clinical study of men at increased risk of prostate cancer, men who took dutasteride developed a **severe grade of prostate cancer more often** than men who did not take dutasteride. The effect of dutasteride on this severe grade of prostate cancer is not clear.
- **Armonia Plus may cause breast enlargement and tenderness.** If this becomes troublesome, or if you notice **breast lumps or nipple discharge**, you should talk to your physician about these changes as these may be signs of a serious medical problem, such as breast cancer.
- **Refer to your physician or pharmacist** if you have any questions about taking **Armonia Plus**.

Children and adolescents

Do not use **Armonia Plus** in children and adolescents under the age of 18.

Drug interactions:

If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the physician or pharmacist.

Do not take **Armonia Plus** with the following medicines:

- **other alpha-blockers** (for treatment of enlarged prostate or high blood pressure)

Armonia Plus is not recommended with the following medicines:

- **ketoconazole** (used to treat fungal infections)
- Some medicines may react with **Armonia Plus**, which may make it more likely that you will have side effects. These medicines include:
- **PDE5 inhibitors** (used to help achieve or maintain an erection), such as: vardenafil, sildenafil citrate and tadalafil
- **verapamil or diltiazem** (for high blood pressure)
- **ritonavir or indinavir** (for HIV – human immunodeficiency virus)
- **itraconazole** (for fungal infection)
- **nefazodone** (an antidepressant)
- **cimetidine** (for stomach ulcer)
- **erythrin** (for blood clots)
- **warfarin** (an antibiotic used to treat infections)
- **paroxetine** (an antidepressant)
- **terbinafine** (used to treat fungal infections)
- **diclofenac** (used to treat pain and inflammation).
- **Tell your physician** if you are taking any of these medicines.

Use of the medicine and food

Take **Armonia Plus** 30 minutes after the same meal each day.

Pregnancy, breast-feeding and fertility

Armonia Plus is prohibited for use in women.

Pregnancy

Women who are pregnant (or who may be pregnant) must avoid contact with leaking capsules.

Dutasteride is absorbed through the skin and may affect the normal development of a male fetus. This risk is increased during the first 16 weeks of pregnancy.

Use a condom during sexual intercourse. Dutasteride has been found in the semen of men taking **Armonia Plus**.

If your partner is or may be pregnant, you must avoid exposing her to your semen.

→ **Tell your physician** if a pregnant woman has come into contact with **Armonia Plus**.

Fertility

Armonia Plus has been found to reduce sperm count, semen volume and sperm motility. Therefore, male fertility may be reduced.

Driving and operating machinery

Armonia Plus may cause dizziness in some people; therefore, it may affect your ability to drive or operate machinery safely.

→ **Do not drive or operate machinery** if you experience this effect.

Important information about some of the ingredients of the medicine

Armonia Plus contains soy lecithin, which may contain soya oil. If you are allergic to peanuts or soya, do not use this preparation.

Each **Armonia Plus** capsule contains 299 mg propylene glycol, which is equivalent to 4.27 mg/kg.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the physician's instructions.

Check with the physician or pharmacist if you are uncertain about the dosage and treatment regimen of the preparation.

The dosage and the treatment regimen will be determined by the physician only.

The usual dosage is generally one capsule taken once a day, 30 minutes after the same meal each day.

Do not exceed the recommended dosage

Swallow the capsule whole with water. Do not chew and do not open and disperse the contents of the capsule since contact with the contents of the capsule may make your mouth or throat sore.

If you have accidentally taken a higher dose, consult your physician or pharmacist.

If you took an overdose, or if a child has accidentally swallowed the medicine, refer immediately to a physician or proceed to a hospital emergency room and bring the package of the medicine with you.

If you forgot to take this medicine at the scheduled time, do not take a double dose. Take the next dose at the usual time and consult the physician.

Adhere to the treatment regimen as recommended by the physician. Even if there is an improvement in your health, do not stop treatment with the medicine without consulting the physician.

If you do not take the medicine regularly, the monitoring of your PSA levels may be affected.

Do not take medicines in the dark! Check the label and the dose each time you take medicine. Wear glasses if you need them.

If you have further questions regarding use of the medicine, consult the physician or pharmacist.

4. SIDE EFFECTS

As with any medicine, use of **Armonia Plus** may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

Allergic reaction

The signs of an allergic reaction can include:

- **skin rash** (which can be itchy)
- **hives** (nettle-like rash)
- **swelling of the eyelids, face, lips, arms or legs.**

→ **Tell your physician immediately** if you notice any of these symptoms, and **stop using Armonia Plus.**

Dizziness, feeling like you are about to faint and fainting

Armonia Plus may cause dizziness, feeling you are about to faint, and in rare cases, fainting. Until you know how this medicine affects you, take care when moving from a lying or sitting position to a sitting or standing position, particularly if you wake up during the night. If you feel dizzy or as though you are about to faint at any time during the course of treatment, **sit or lie down until the symptoms pass.**

Serious skin reactions

The signs of serious skin reactions can include:

- **a widespread rash with blisters and peeling skin, particularly around the mouth, nose, eyes and genitals** (Stevens-Johnson syndrome).

→ **Contact your physician immediately** if you notice any of these symptoms and **stop using Armonia Plus.**

Additional side effects

Common side effects

Effects that occur in up to 1 user in ten men taking **Armonia Plus:**

- impotence (inability to achieve or maintain an erection)*
- decreased sexual drive (libido)*
- ejaculation disturbances, such as a decrease in the amount of semen released during sex*
- tenderness or enlargement of the breast (gynecomastia)
- dizziness.

*In a small number of people, some of these events may continue after discontinuation of **Armonia Plus.**

Uncommon side effects

Effects that occur in up to 1 user in 100 men taking **Armonia Plus:**

- heart failure (heart becomes less efficient at pumping blood around the body. You may have symptoms such as shortness of breath, extreme tiredness and swelling in your ankles and legs)
- low blood pressure on standing
- fast heartbeat (palpitations)
- constipation, diarrhea, vomiting, nausea
- weakness or loss of strength
- headache
- blocked nose, itchy nose or runny nose (rhinitis)
- skin rash, hives, itching
- hair loss (usually from the body) or hair growth.

Rare side effects

Effects that occur in up to 1 user in 1,000 men taking **Armonia Plus:**

- swelling of the eyelids, face, lips, arms or legs (angioedema)
- fainting.

Very rare side effects

Effects that occur in up to 1 user in 10,000 men taking **Armonia Plus:**

- persistent painful erection
- serious skin reactions (Stevens-Johnson syndrome).

Side effects of unknown frequency

Other side effects have occurred in a small number of men, but their frequency is unknown (the frequency cannot be estimated from available data):

- irregular or fast heart rate (arrhythmias or tachycardia or atrial fibrillation)
- shortness of breath
- depression
- pain and swelling in your testicles
- nosebleed
- severe skin rash
- vision changes (blurred vision or impaired vision)
- dry mouth.

If a side effect occurs, if one of the side effects worsens or if you suffer from a side effect not mentioned in the leaflet, consult with the physician.

Side effects can be reported to the Ministry of Health by clicking on the link "[Report Side Effects of Drug Treatment](#)" found on the Ministry of Health homepage ([www.health.gov.il](#)), that directs you to the online form for reporting side effects, or by entering the link:

<https://sideeffects.health.gov.il/>

Additionally, you can report to "[Unipharm Ltd.](#)" at: <https://unipharm.co.il/>

5. HOW SHOULD THE MEDICINE BE STORED?

- Avoid poisoning! This medicine and any other medicine must be kept in a safe place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the physician.

- Do not use the medicine after the expiry date (exp. date) that appears on the carton package and the bottle. The expiry date refers to the last day of that month.

- Store below 25°C. Should be used within 90 days after first opening and no later than the expiry date of the preparation.

6. FURTHER INFORMATION

In addition to the active ingredients, the medicine also contains:

Hard Capsule Shell:

Black Iron Oxide (E172); Red Iron Oxide (E172); Titanium Dioxide (E171); Yellow Iron Oxide (E172); Gelatin.

Inside the Hard Capsule:

Propylene Glycol Monocaprylate, Type II; Butylhydroxytoluene (E321); Gelatin; Glycerol; Titanium Dioxide (E171); Triglycerides (Medium chain); Soy Lecithin (may contain soya oil); Methacrylic Acid – Ethyl Acrylate Copolymer (1:1) dispersion 30 per cent; Microcrystalline Cellulose; Dibutyl Sebacate; Polysorbate 80; Colloidal Hydrated Silica; Calcium Stearate.

Black Ink:

Shellac; Black Iron Oxide (E172); Propylene Glycol (E1520); Concentrated Ammonia solution; Potassium Hydroxide.

See section 2 – "Important information about some of the ingredients of the medicine".

- What the medicine looks like and the contents of the pack:

This medicine is a hard, oblong capsule with a brown body and a beige cap, on which C001 is printed in black ink.

The capsules are available in packages of 7, 30 and 90 capsules.

Not all package sizes may be marketed.

- Registration holder and Importer: Unipharm Trading Ltd., P.O.Box 21429, Tel Aviv, 6121301.

- Revised in March 2021 according to MOH guidelines.

- Registration number of the medicine in the National Drug Registry of the Ministry of Health:

166 88 36264 00

 **unipharm Ltd.**