PACKAGE LEAFLET: Information for the patient

PROVILDA PLUS

Film-coated tablets – (50 mg + 500 mg) or (50 mg + 850 mg)

(Vildagliptin, Metformin hydrochloride)

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further question, ask your doctor, or pharmacist.
- This medication has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet:

1. WHAT PROVILDA PLUS IS AND WHAT IT IS USED FOR

The active substances of Provilda Plus, vildagliptin and metformin, belong to a group of medicines called “oral antidiabetics”.

Provilda Plus is used to treat adult patients with type 2 diabetes. This type of diabetes is also known as non-insulin-dependent diabetes mellitus. Provilda Plus is used when diabetes cannot be controlled by diet and exercise alone and/or with other medicines used to treat diabetes (insulin or sulphonylureas).

Type 2 diabetes develops if the body does not make enough insulin or if the insulin that the body makes does not work as well as it should. It can also develop if the body produces too much glucagon.

Both insulin and glucagon are made in the pancreas. Insulin helps to lower the level of sugar in the blood, especially after meals. Glucagon triggers the liver to make sugar, causing the blood sugar level to rise.

How Provilda Plus works

Both active substances, vildagliptin and metformin, help to control the level of sugar in the blood. The substance vildagliptin works by making the pancreas produce more insulin and less glucagon. The substance metformin works by helping the body to make better use of insulin. This medicine has been shown to reduce blood sugar, which may help to prevent complications from your diabetes.

2. BEFORE YOU TAKE PROVILDA PLUS

Do not take Provilda Plus if you:

- are allergic to vildagliptin, metformin or any of the other ingredients of this medicine (listed in section 6); if you think you may be allergic to any of these, talk to your doctor before taking Provilda Plus;
- have uncontrolled diabetes, with, for example, severe hyperglycemia (high blood glucose), nausea, vomiting, diarrhea, rapid weight loss, lactic acidosis (see "Risk of lactic acidosis" below) or ketoacidosis; ketoacidosis is a condition in which substances called ketone bodies accumulate in the blood and which can lead to diabetic pre-coma; symptoms include stomach pain, fast and deep breathing, sleepiness or your breath developing an unusual fruity smell;
- have recently had a heart attack or if you have heart failure or serious problems with your blood circulation or difficulties in breathing which could be a sign of heart problems;
- have severely reduced kidney function;
- have a severe infection or are seriously dehydrated (have lost a lot of water from your body);
- are going to have a contrast X-ray (a specific type of X-ray involving an injectable dye); please also see information about this in section "Take special care with Provilda Plus";
- have liver problems;
- drink alcohol excessively (whether every day or only from time to time);
- are breastfeeding (see also "Pregnancy and breastfeeding").

Take special care with Provilda Plus

Risk of lactic acidosis

Provilda Plus may cause a very rare, but very serious side effect called lactic acidosis, particularly if your kidneys are not working properly. The risk of developing lactic acidosis is also increased with uncontrolled diabetes, serious infections, prolonged fasting or alcohol intake, dehydration, liver problems and any medical conditions in which a part of the body has a reduced supply of oxygen (such as acute severe heart disease).
If any of the above apply to you, talk to your doctor for further instructions.

Stop taking Provilda Plus for a short time if you have a condition that may be associated with dehydration (significant loss of body fluids) such as severe vomiting, diarrhea, fever, exposure to heat or if you drink less fluid than normal. Talk to your doctor for further instructions.

Stop taking Provilda Plus and contact a doctor or the nearest hospital immediately if you experience some of the symptoms of lactic acidosis, as this condition may lead to coma. Symptoms of lactic acidosis include:

- vomiting;
- stomach ache (abdominal pain);
- muscle cramps;
- a general feeling of not being well with severe tiredness;
- difficulty in breathing;
- reduced body temperature and heartbeat.

Lactic acidosis is a medical emergency and must be treated in a hospital.

Provilda Plus is not a substitute for insulin. Therefore, you should not receive Provilda Plus for the treatment of type 1 diabetes.

Talk to your doctor, pharmacist or nurse before taking Provilda Plus if you have or have had a disease of the pancreas.

Talk to your doctor or pharmacist before taking Provilda Plus if you are taking an anti-diabetic medicine known as a sulphonylurea. Your doctor may want to reduce your dose of

the sulphonylurea when you take it together with Provilda Plus in order to avoid low blood glucose (hypoglycemia).

If you have previously taken vildagliptin but had to stop taking it because of liver disease, you should not take this medicine.

Diabetic skin lesions are a common complication of diabetes. You are advised to follow the recommendations for skin and foot care that you are given by your doctor or nurse. You are also advised to pay particular attention to new onset of blisters or ulcers while taking Provilda Plus. Should these occur, you should promptly consult your doctor.

If you need to have major surgery you must stop taking Provilda Plus during and for some time after the procedure. Your doctor will decide when you must stop and when to restart your treatment with Provilda Plus.

A test to determine your liver function will be performed before the start of Provilda Plus treatment, at three-month intervals for the first year and periodically thereafter. This is so that signs of increased liver enzymes can be detected as early as possible.

During treatment with Provilda Plus, your doctor will check your kidney function at least once a year or more frequently if you are elderly and/or have worsening renal function.

Your doctor will test your blood and urine for sugar regularly.

Children and adolescents

The use of Provilda Plus in children and adolescents up to 18 years of age is not recommended.

Taking other medicines

If you need to have an injection of a contrast medium that contains iodine into your bloodstream, for example in the context of an X-ray or scan, you must stop taking Provilda Plus before or at the time of the injection. Your doctor will decide when you must stop and when to restart your treatment with Provilda Plus.

Tell your doctor if you are taking, have recently taken or might take any other medicines. You may need more frequent blood glucose and kidney function tests, or your doctor may need to adjust the dosage of Provilda Plus. It is especially important to mention the following:

- glucocorticoids generally used to treat inflammation;
- beta-2 agonists generally used to treat respiratory disorders;
- other medicines used to treat diabetes;
- medicines which increase urine production (diuretics);
- medicines used to treat pain and inflammation (NSAID and COX-2-inhibitors, such as ibuprofen and celecoxib);
- medicines for the treatment of high blood pressure (ACE inhibitors and angiotensin II receptor antagonists);
- medicines affecting the thyroid;
- medicines affecting the nervous system;
- medicines used to treat angina (e.g. ranolazine);
- medicines used to treat HIV infection (e.g. dolutegravir);
- medicines used to treat a specific type of thyroid cancer (medullary thyroid cancer) (e.g. vandetanib);
- medicines used to treat heartburn and peptic ulcers (e.g cimetidine).

Taking Provilda Plus with food and drinks

Avoid excessive alcohol intake while taking Provilda Plus since this may increase the risk of lactic acidosis (please see section “Take special care with Provilda Plus”).

Pregnancy and breastfeeding

If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine.

Do not use Provilda Plus if you are pregnant or breastfeeding.

Driving and using machines

If you feel dizzy while taking Provilda Plus, do not drive or use any tools or machines.

3. HOW TO TAKE PROVILDA PLUS

The amount of Provilda Plus that people have to take varies depending on their condition. Your doctor will tell you exactly the dose of Provilda Plus to take.
Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is one film-coated tablet of either the 50 mg + 500 mg or 50 mg + 850 mg dosage taken twice a day.

If you have reduced kidney function, your doctor may prescribe a lower dose. Also if you are taking an anti-diabetic medicine known as a sulphonylurea your doctor may prescribe a lower dose.

Your doctor may prescribe this medicine alone or with certain other medicines that lower the level of sugar in your blood.

How to take Provilda Plus

Swallow the tablets whole with a glass of water.
Take one tablet in the morning and the other in the evening with or just after food. Taking the tablet just after food will lower the risk of an upset stomach.
Continue to follow any advice about diet that your doctor has given you. In particular, if you are following a diabetic weight control diet, continue with this while you are taking Provilda Plus.

If you take more Provilda Plus than you should

If you take too many Provilda Plus tablets, or if someone else takes your tablets, talk to a doctor or pharmacist immediately. Medical attention may be necessary. If you have to go to a doctor or hospital, take the pack and this leaflet with you.

If you forget to take Provilda Plus

If you forget to take a tablet, take it with your next meal unless you are due to take one then anyway. Do not take a double dose (two tablets at once) to make up for a forgotten tablet.

If you stop taking Provilda Plus

Continue to take this medicine as long as your doctor prescribes it so that it can continue to control your blood sugar. Do not stop taking Provilda Plus unless your doctor tells you to. If you have any questions about how long to take this medicine, talk to your doctor.

4. POSSIBLE SIDE EFFECTS

Like all other medicines, Provilda Plus can cause side effects, although not everybody gets them.

You should stop taking Provilda Plus and see your doctor immediately if you experience the following side effects:

- Lactic acidosis (very rare: may affect up to 1 patient in 10,000): Provilda Plus may cause a very rare, but very serious side effect called lactic acidosis (see section "Take special care with Provilda Plus"); if this happens you must stop taking Provilda Plus and contact a doctor or the nearest hospital immediately, as lactic acidosis may lead to coma.
- Angioedema (rare: may affect up to 1 in 1,000 patients): symptoms include swollen face, tongue or throat, difficulty swallowing, difficulty breathing, sudden onset of rash or hives.
- Liver disease (hepatitis) (uncommon: less than 1 in 100 patients): symptoms include yellow skin and eyes, nausea, loss of appetite or dark-coloured urine.
- Inflammation of the pancreas (pancreatitis) (uncommon: less than 1 in 100 patients): symptoms include severe and persistent pain in the abdomen (stomach area), which might reach through to your back, as well as nausea and vomiting.

These are all very serious side effects.

If you have any of these, you may need urgent medical attention or hospitalization.

Other side effects

Very common: (may occur in more than 1 in 10 patients).

Common: (may occur in less than 1 in 10 patients).

Uncommon: (may occur in less than 1 in 100 patients).

Rare: (may occur in less than 1 in 1000 patients).

Very rare: (may occur in less than 1 in 10000 patients).

Not known (may occur in too few patients to be determined by available data).

If you notice any of the following, tell your doctor:
Common: sore throat, runny nose, fever, itching, rash, dermatitis, excessive sweating, joint pain, dizziness, headache, tremor, constipation, nausea, vomiting, diarrhea, flatulence, gastroesophageal reflux, pain in and around the stomach (abdominal pain), weakness.

Uncommon: fatigue, tingling, metallic taste in the mouth, low blood sugar (hypoglycemia), loss of appetite, swelling of the hands, ankles or feet (edema), chills, pancreatitis, muscle pain, hepatitis, erythema, urticaria.

Very rare: Signs of high lactic acid in the blood (known as lactic acidosis): drowsiness, light headedness, severe nausea or vomiting, abdominal pain, irregular heartbeat or deep rapid breathing, skin rash; low levels of vitamin B_{12} in the blood (symptoms may include: pale color, fatigue, confusion and memory impairment).

Not known (Frequency cannot be determined with available data):
Peeled areas or blisters on the skin;
Bullous pemphigoid, a skin disease that forms water-filled blisters and crusts over with the bursting and opening of these water-filled blisters, progressing in the form of superficial wounds;
Inflammation of blood vessels (vasculitis), which can result in a skin rash with flat, red, round spots or bruising under the skin surface.

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

5. HOW TO STORE PROVILDA PLUS

Keep out of the sight and reach of children.
Do not use Provilda Plus after the expiry date which is stated on the package.
Do not store above 25°C.
Store in the original package in order to protect from moisture.

6. OTHER INFORMATION

What Provilda Plus film-coated tablets contain

The active substances are Vildagliptin and Metformin hydrochloride.

One film-coated tablet Provilda Plus 50 mg + 500 mg contains 50 mg vildagliptin and 500 mg metformin hydrochloride.

One film-coated tablet Provilda Plus 50 mg + 850 mg contains 50 mg vildagliptin and 850 mg metformin hydrochloride.

The excipients are: Hydroxypropyl cellulose, low-substituted hydroxypropyl cellulose, magnesium stearate, polyvinyl alcohol, titanium dioxide, macrogol, talc, yellow iron oxide, red iron oxide, black iron oxide.

Content of the pack:

Carton box with 30 film-coated tablets.

Marketing Authorisation Holder (MAH) and Manufacturer:

PROFARMA sh.a.,
St. “Skënder Vila”,
Tirana, Albania.
Tel.: +355 4 23 89 602

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