

# Thalin®

Chlorthalidone  
Tablet

## Description

Thalin® (Chlorthalidone) is an antihypertensive/diuretic supplied as 25 mg tablets for oral use. It is a monosulfamyl diuretic that differs chemically from thiazide diuretics. It is a racemic mixture of 2-chloro-5-(1-hydroxy-3-oxo-1-isoindolinyl) benzenesulfonamide.

## Indications

Chlorthalidone is indicated in the management of hypertension. Chlorthalidone is indicated as adjunctive therapy in edema associated with congestive heart failure, hepatic cirrhosis and corticosteroid and estrogen therapy.

## Dosage and Administration

Therapy should be initiated with the lowest possible dose and then titrated according to individual patient response. A single dose given in the morning with food is recommended; divided doses are unnecessary.

## Dose

- Edema, up to 50 mg daily.
- Hypertension, 25 mg daily in the morning, increased to 50 mg daily if necessary.
- Heart failure, 25-50 mg daily in the morning, increased if necessary to 100-200 mg daily (reduce to lowest effective dose for maintenance).

## Maintenance

Maintenance doses may often be lower than initial doses and should be adjusted according to the individual patient.

## Side Effects

Side-effects include mild gastro-intestinal

disturbances, postural hypotension, altered plasma lipid concentrations, metabolic and electrolyte disturbances including hypokalaemia, hyponatraemia, hypomagnesaemia, hypercalcaemia, hyperglycaemia, hypochloraemic alkalosis, hyperuricaemia, and gout. Less common side-effects include blood disorders such as agranulocytosis, leucopenia, and thrombocytopenia, and impotence. Pancreatitis, intrahepatic cholestasis, cardiac arrhythmias, headache, dizziness, paraesthesia, visual disturbances, and hypersensitivity reactions (including pneumonitis, pulmonary oedema, photosensitivity, and severe skin reactions) have also been reported.

## Contraindications

*Anuria*, known hypersensitivity to chlorthalidone or other sulfonamide-derived drugs.

## Warning

Chlorthalidone should be used with caution in severe renal disease. In patients with renal disease, chlorthalidone or related drugs may precipitate azotemia. Chlorthalidone should be used with caution in patients with impaired hepatic function or progressive liver disease, because minor alterations of fluid and electrolyte balance may precipitate hepatic coma. Sensitivity reactions may occur in patients with a history of allergy or bronchial asthma.

## Precautions

Thiazides and related diuretics can exacerbate diabetes, gout, and systemic lupus erythematosus. Electrolytes should be

monitored, particularly with high doses, long-term use, or in renal impairment. Thiazides and related diuretics should also be used with caution in nephrotic syndrome, hyperaldosteronism, malnourishment, hepatic impairment, avoid if severe, renal impairment, pregnancy, and breast-feeding.

## Use in Pregnancy

**Pregnancy:** Pregnancy category B

## High Risk Group

**Nursing Mothers:** Thiazides are excreted in human milk. Because of the potential for serious adverse reactions in nursing infants from chlorthalidone, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

**Pediatric Use:** Safety and effectiveness of Chlorthalidone tablets in pediatric patients have not been established.

**Geriatric Use:** Dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal or cardiac function, and of concomitant disease or other drug therapy.

## Drug Interaction

Chlorthalidone may add to or potentiate the action of other antihypertensive drugs. Insulin requirements in diabetic patients may be increased, decreased or unchanged. Higher dosage of oral hypoglycemic agents may be required.

Chlorthalidone and related drugs may increase the responsiveness to tubocurarine. Lithium renal clearance is reduced by chlorthalidone, increasing the risk of lithium

toxicity.

## Pharmaceutical Precautions

Store in a cool & dry place, away from children.

## Commercial Pack

Thalin® tablet: Box containing 60 tablets in 6 x 10's Alu-Alu form packs. Each tablet contains Chlorthalidone USP 25 mg.



Manufactured by

**BEXIMCO PHARMACEUTICALS LTD.**

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