Inderal

Half Inderal LA 80mg capsules
When used in hypertension

emc Medicine Guides

Inderal (In-dair-ral) is a medicine which is used in a number of conditions. Inderal contains propranolol hydrochloride. It is supplied by AstraZeneca UK Limited.

Your medicine

Inderal blocks the effects of certain chemicals in the body. It can be used to reduce heart rate, to help the heart beat more regularly, to reduce the heart's work and to lower blood pressure. It can also reduce the frequency and severity of angina attacks.

Inderal can also help to reduce some of the symptoms of anxiety and stress such as a rapid heart rate or sweating.

It can also be used to prevent migraines.

Inderal may reduce blood sugar levels and it can also affect how the body responds to low blood sugar levels. People with diabetes need to be aware that this means Inderal can hide the warning signs of excessively low blood sugar, such as rapid pulse. The effect that Inderal has on blood sugar levels means that there are other groups of people who need to take care when using Inderal. These include people who have liver disease, people who take medicines that lower blood sugar levels, people who fast for a long period of time and people who exercise strenuously.

Other information about Inderal:

- if you are about to have surgery you may need to stop taking Inderal before you can have your operation. For more information speak to a member of your medical team

Do not share your medicine with other people. It may not be suitable for them and may harm them.

The pharmacy label on your medicine tells you how much medicine you should take. It also tells you how often you should take your medicine. This is the dose that you and your prescriber have agreed you should take. You should not change the dose of your medicine unless you are told to do so by your prescriber.

If you feel that the medicine is making you unwell or you do not think it is working, then talk to your prescriber.

When to take your medicine

Some medicines work best if they are taken at a specific time of day. Getting the most from your medicine can also be affected by what you eat, when you eat and the times at which you take other medicines. Make sure you follow any specific instructions given to you by your prescriber or that are in the Patient Information Leaflet that comes with this medicine.

How to take your medicine

Some medicines have specific instructions about how to take them. This is because they work better when taken correctly. These instructions can include getting the right dose and special instructions for preparing the medicine. Make sure you follow any specific instructions given to you by your prescriber or that are in the Patient Information Leaflet that comes with this medicine.

In the case of Inderal:

- swallow the capsule whole. You must not chew it

If you are having problems taking this form of Inderal, you should talk to your prescriber or pharmacist. They may be able to give you advice on other ways to take your medicine or other preparations that are easier for you to take.

Taking too much of your medicine

Taking extra doses of some medicines can be harmful. In some cases even one extra dose can cause you problems. If you take extra doses of your medicine, you must get medical advice immediately. You may need a test to assess the effect of taking extra doses. This is because the effects of taking too much medicine are very complex so it is very important that you seek medical advice.

Contact your prescriber, pharmacist, specialist clinic or NHS Direct on 0845 46 47 for advice.

Make sure you take all of your medicine containers with you if you are advised to go to hospital.

Stopping your medicine

If you are not having any problems taking this medicine then do not stop taking it, unless advised to do so by your prescriber. If, however, you find that this medicine is causing you problems then you should talk to your prescriber about your concerns.

In some instances, stopping Inderal abruptly, can worsen your condition. If your doctor decides that it is best that you do not take this medicine any more, they may advise you to reduce the dose gradually over time.

If you are in any doubt, contact your prescriber, pharmacist, specialist clinic or NHS Direct on 0845 46 47.

Looking after your medicine

The instructions on how you should keep your medicine are on the pharmacy label. You should keep your medicine in the original container. This will help to keep your medicine in the best condition and also allow you to check the instructions. Do not take the medicine if the packaging appears to have been tampered with or if the medicine shows any signs of damage. Make sure that the medicine is out of the sight and reach of children.

In the case of Inderal:

- do not store in temperatures above 25°C
- protect your medicine from moisture
- protect your medicine from light

You must not take the medicine after the expiry date shown on the packaging. If you have any unused medicine, return it to your pharmacist who will dispose of it safely.

Whether this medicine is suitable for you

Inderal is not suitable for everyone and some people should never use it. Other people should only use it with special care. It is important that the person prescribing this medicine knows your full medical history.

Your prescriber may only prescribe this medicine with special care or may not prescribe it at all if you:

- are allergic or sensitive to or have had a reaction to any of the ingredients in the medicine
- have metabolic acidosis
- have circulation problems
- have had allergic or anaphylactic type reactions
- have kidney problems
- have liver problems
- have myasthenia gravis
- have diabetes
- are to have a procedure which requires the use of an anaesthetic
- are elderly
- have or have had asthma or bronchospasm
- have certain types of heart problems
- have phaeochromocytoma
- are prone to low blood sugar levels or are fasting
- are on haemodialysis
- have heart block
- have low blood pressure
- have a slow heart rate
- have unstable angina

Furthermore the prescriber may only prescribe this medicine with special care or may not prescribe it at all for a child.

As part of the process of assessing suitability to take this medicine a prescriber may also arrange tests:

- to check that this medicine is not having any undesired effects

Over time it is possible that Inderal can become unsuitable for some people, or they may become unsuitable for it. If at any time it appears that Inderal has become unsuitable, it is important that the prescriber is contacted immediately.

Side-effects

A medicine is only made available to the public if the clinical trials have shown that the benefits of taking the medicine outweigh the risks.

Once a medicine has been licensed, information on the medicine's effects, both intended and unintended, is continuously recorded and updated.

Some side-effects may be serious while others may only be a mild inconvenience.

Everyone's reaction to a medicine is different. It is difficult to predict which side-effects you will have from taking a particular medicine, or whether you will have any side-effects at all. The important thing is to tell your prescriber or pharmacist if you are having problems with your medicine.

Common: More than 1 in 100 people who take Inderal

- a feeling of lack of interest or lack of energy
- fingers and toes becoming cold
- nightmares
- Raynaud's phenomenon
- sleeping problems
- slower heart rate
- tiredness

Uncommon: More than 1 in 1000 people who take Inderal

- diarrhoea
- gastrointestinal problems
- nausea
- vomiting

Rare: More than 1 in 10,000 people who take Inderal

- a drop in blood pressure on standing or sitting up
- blood problems
- bronchospasm in people with asthma or who have had asthma - this may be fatal
- confusion
- dry eyes
- eye or eyesight problems
- fainting or brief loss of consciousness

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- feeling dizzy
- hair loss
- hallucinations
- increased pain in calf when walking
- memory problems
- mood changes
- other heart problems or worsening of heart problems
- paraesthesiae
- psoriasis or psoriasis-like rash
- psychosis or psychotic-like behaviour
- skin rash or rashes
- unexplained or easy bruising of the skin or mucous membranes
- worsening of psoriasis

Very rare: Fewer than 1 in 10,000 people who take Inderal

- autoimmune problems
- lowered blood sugar levels - Inderal may hide symptoms of low blood sugar levels and if levels drop too low, seizures or coma may occur
- myasthenia gravis or worsening of myasthenia gravis

The frequency of these side-effects is unknown

- abnormal laboratory test results
- brain and central nervous system problems in people with liver problems
- hiding symptoms of thyrotoxicosis
- lowered blood pressure
- may affect the results for certain tests
- worsening of allergic reactions
- worsening of circulation problems

If you feel unwell or if you have concerns about a side-effect, you will need to seek advice. If you feel very ill, get medical help straight away. Contact your prescriber, pharmacist, nurse or call NHS Direct on 0845 46 47.

Taking other medicines

If you are taking more than one medicine they may interact with each other. At times your prescriber may decide to use medicines that interact, in other cases this may not be appropriate.

The decision to use medicines that interact depends on your specific circumstances. Your prescriber may decide to use medicines that interact, if it is believed that the benefits of taking the medicines together outweigh the risks. In such cases, it may be necessary to alter your dose or monitor you more closely.

Tell your prescriber the names of all the medicines that you are taking so that they can consider all possible interactions. This includes all the medicines which have been prescribed by your GP, hospital doctor, dentist, nurse, health visitor, midwife or pharmacist. You must also tell your prescriber about medicines which you have bought over the counter without prescriptions.

The following medicines may interact with Inderal:

- insulin
- disopyramide
- verapamil
- diltiazem
- adrenaline
- nifedipine
- cimetidine
- clonidine
- ergotamine, dihydroergotamine or related medicines
- chlorpromazine
- indometacin
- ibuprofen
- quinidine
- propafenone
- rifampicin
- theophylline
- warfarin
- thioridazine
- nisoldipine
- nicardipine
- isradipine
- lacidipine
- lidocaine
- salbutamol
- aminophylline
- ipratropium
- glucagon
- amiodarone
- rizatriptan

The following types of medicine may interact with Inderal:

- anaesthetics
- hypoglycaemics
- antiarrhythmics
- digitalis glycosides
- sympathomimetics
- calcium channel blockers
- prostaglandin synthetase inhibitors
- beta$_2$ agonists
- antidiabetics

If you are taking Inderal and one of the above medicines or types of medicines, make sure your prescriber knows about it.

Complementary preparations and vitamins

Medicines can interact with complementary preparations and vitamins. In general, there is not much information available about interactions between medicines and complementary preparations or vitamins.

If you are planning to take or are already taking any complementary preparations and vitamins you should ask your prescriber whether there are any known interactions with Inderal.

Your prescriber can advise whether it is appropriate for you to take combinations that are known to interact. They can also discuss with you the possible effect that the complementary preparations and vitamins may have on your condition.

If you experience any unusual effects while taking this medicine in combination with complementary preparations and vitamins, you should tell your prescriber.

Driving and operating machinery

When taking any medicine you should be aware that it might interfere with your ability to drive or operate machinery safely.

In the case of Inderal:

- this medicine could affect your ability to drive or operate machinery

You should see how this medicine affects you before you judge whether you are safe to drive or operate machinery. If you are in any doubt about whether you should drive or operate machinery, talk to your prescriber.

Diet

Medicines can interact with certain foods. In some cases, this may be harmful and your prescriber may advise you to avoid certain foods.

In the case of Inderal:

- there are no specific foods that you must exclude from your diet when taking Inderal

Alcohol

Alcohol can interact with certain medicines.

In the case of Inderal:

- this medicine interacts with alcohol

You should seek advice from your prescriber as to whether you may drink alcohol while taking this medicine.

Family planning and pregnancy

Most medicines, in some way, can affect the development of a baby in the womb. The effect on the baby differs between medicines and also depends on the stage of pregnancy that you have reached when you take the medicine.

In the case of Inderal:

- you should only take this medicine during pregnancy if your doctor thinks that you need it

You need to discuss your specific circumstances with your doctor to weigh up the overall risks and benefits of taking this medicine. You and your doctor can make a decision about whether you are going to take this medicine during pregnancy.

If the decision is that you should not have Inderal, then you should discuss whether there is an alternative medicine that you could take during pregnancy.

Breast-feeding

Certain medicines can pass into breast milk and may reach your baby through breast-feeding.

In the case of Inderal:

- breast-feeding is not recommended while taking this medicine

Before you have your baby you should discuss breast-feeding with your doctor or midwife. They will help you decide what is best for you and your baby based on the benefits and risks associated with this medicine. If you wish to breast-feed you should discuss with your prescriber whether there are any other medicines you could take which would also allow you to breast-feed. You should not stop this medicine without taking advice from your doctor.

Ingredients of your medicine

Medicines contain active ingredients. They may also contain other, additional ingredients that help ensure the stability, safety and effectiveness of the medicine. They are also added to improve the medicine's taste and appearance and to make it easier to take. Some may be used to prolong the life of the medicine.

You should check that you are able to take the ingredients in your medicine, especially if you have any allergies.

Inderal contains:

- propranolol hydrochloride
- red iron oxide (E172)
- black iron oxide (E172)
- shellac (E904)
- erythrosine (E127)
- gelatin Ph Eur. (E441)
- methylhydroxypropylcellulose Ph Eur. (E464)
- ethyl cellulose Ph Eur. (E462)

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- microcrystalline cellulose Ph Eur. (E460)
- titanium dioxide Ph.Eur (E171)
- sodium lauryl sulphate Ph.Eur

If you are not able to take any of the ingredients in your medicine, talk to your prescriber or pharmacist to see if they can suggest an alternative medicine. If you have reacted badly to Inderal before, do not take Inderal. Talk to your prescriber, pharmacist or nurse as soon as possible.

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