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PACKAGE LEAFLET: INFORMATION FOR THE USER

ATENOLOL 25 mg TABLETS

Atenolol

- 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 questions, ask your doctor or pharmacist.
 - This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms 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. See section 4.

- In this leaflet:**
- What Atenolol is and what it is used for
 - What you need to know before you take Atenolol
 - How to take Atenolol Tablets
 - Possible side effects
 - How to store Atenolol Tablets
 - Contents of the pack and other information

1. WHAT ATENOLOL TABLETS ARE AND WHAT THEY ARE USED FOR

The name of your medicine is Atenolol 25mg Tablets. They contain the active ingredient called Atenolol. Atenolol belongs to a group of medicines called beta blockers. It works by slowing the heart rate and relaxing the blood vessels so the heart does not have to pump as hard.

Atenolol Tablets may be used for:

- treat high blood pressure (hypertension)
- relief of chest pain (angina)
- treat uneven heart beats (arrhythmias)
- protect the heart in the early treatment after a heart attack (myocardial infarction).

It works by making your heart beat more slowly and with less force

2. BEFORE YOU TAKE ATENOLOL TABLETS

Do not take Atenolol Tablets if you:

- are allergic (hypersensitive) to Atenolol or any of the other ingredients of Atenolol Tablets. See section 6. An allergic reaction may include a rash, itching, difficulty breathing or swelling of the face, lips, throat or tongue
- If you have ever had any of the following heart problems:
 - heart failure which is not under control (this usually makes you breathless and causes your ankles to swell)
 - second- or third-degree heart block (a condition which may be treated by a pacemaker)
 - very slow or very uneven heart beats, very low blood pressure or very poor circulation.
- have or ever had cardiogenic shock (heart problem)
- have heart or blood vessel disease including untreated heart failure (due to recent heart attack),
- have peripheral artery disease (poor circulation in the legs or feet due to narrow or blocked arteries)
- have disturbances in heart rhythm including sick sinus syndrome (irregular heartbeat) or heart block
- have 'metabolic acidosis' abnormal chemical levels in the blood such as potassium, sodium, calcium and urea
- If you have a tumour called phaeochromocytoma that is not being treated. This is usually near your kidney and can cause high blood pressure. If you are being treated for phaeochromocytoma, your doctor will give you another medicine, called an alpha- blocker, to take as well as Atenolol

Take special care with Atenolol Tablets if you have:

- You have first-degree heart block.
- heart failure or disease that is being controlled
- chest pain (Prinzmetal's angina)
- Raynaud's disease (poor circulation causing cold hands)
- any kind of heart problems
- suffer from lung disorders
- are a diabetic
- have myasthenia gravis is a chronic disease characterised by fluctuating levels of muscle weakness.
- have history of hypersensitivity
- a family history of heart disease or stroke
- You have diabetes. Your medicine may change how you respond to having low blood sugar. You may feel your heart beating faster.
- thyrotoxicosis (a condition caused by an overactive thyroid gland). Atenolol may hide the symptoms of thyrotoxicosis
- increased heart rate

- You have problems with your kidneys. You may need to have some check-ups during your treatment
- You have asthma, wheezing or any other similar breathing problems, or you get allergic reactions, for example to insect stings. If you have ever had asthma or wheezing, do not take this medicine without first checking with your doctor.

Other precautions you should take:

This is because you can get low blood pressure (hypotension) if you are given certain anaesthetics while you are taking Atenolol.

If you see another doctor, attend hospital or the dentist for surgery involving an anaesthetic, let them know what medicines you are taking. Atenolol may need to be stopped before you have a general anaesthetic.

Taking other medicines

This includes medicines that you buy without a prescription and herbal medicines.

You should tell your doctor if you are taking or have taken any of the following medicines as they may interact with your Atenolol Tablets. Examples of medicines that can affect Atenolol Tablets are:

- If you are taking clonidine and Atenolol together, do not stop taking clonidine unless your doctor tells you to do so. If you have to stop taking clonidine, your doctor will give you careful instructions about how to do it.
- treatments for high blood pressure such as clonidine, prazosin, and other beta-blockers
- antidepressants such as tricyclic antidepressants
- nasal decongestants or other cold remedies (including the ones you buy in pharmacy)
- antiepileptics such as barbiturates
- phenothiazines (used to treat mental disorders)
- calcium channel blockers medicines used to treat high blood pressure and angina such as nifedipine, verapamil or diltiazem
- moxisylyte which is used to treat circulatory problems
- non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen or Indometacin used to treat inflammation, mild to moderate pain, and fever.
- corticosteroids used to treat inflammation
- oestrogens (used as a combined oral contraceptive ("the pill") or hormone replacement therapy (HRT)
- sympathomimetics such as adrenaline (epinephrine) and dobutamine (to treat heart attacks)
- anti-arrhythmics such as disopyramide, Digoxin (for heart problems)., quinidine and amiodarone which are used to treat irregular heart beats
- Insulin & other medicines used to treat diabetes
- medicines used to treat low blood sugar
- ergotamine and methysergide which are used to treat migraine
- Medicines to treat nose or sinus congestion or other cold remedies (including those you can buy in the pharmacy).

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without prescription.

Pregnancy, breast feeding and fertility Tell your doctor if you are pregnant, planning to become pregnant or if you are breast-feeding. If you become pregnant while taking Atenolol, call your doctor immediately. Ask your doctor or pharmacist for advice before taking any medicine.

Operations

If you go into hospital to have an operation, tell the anaesthetist or medical staff that you are taking Atenolol. This is because you can get low blood pressure (hypotension) if you are given certain anaesthetics while you are taking Atenolol.

Effects on laboratory tests

Atenolol may cause some changes to some of the cells of your body or blood. Your doctor may take blood samples every so often to check whether Atenolol has had any effect on your blood.

Driving and using machines

- Your medicine is not likely to affect you being able to drive or use any tools or machines. However, it is best to wait to see how your medicine affects you before trying these activities.
- If you feel dizzy or tired when taking this medicine, do not drive or use any tools or machines.

Important information about some of the ingredients of Atenolol Tablets

This medicinal product contains Lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. HOW TO TAKE ATENOLOL TABLETS

Always take Atenolol Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. If your doctor prescribes a low-salt or low-sodium diet, follow these directions carefully.

Dosage – Treatment with Atenolol Tablets is usually long-term. Follow the doctor's advice on how and when to take the tablets. You should swallow the tablets whole with a glass of water. The dose you should take depends on what you are taking Atenolol Tablets for.

Adults:

- High blood pressure (hypertension)** The usual dose is 50mg – 100mg daily
- Chest Pain (angina)** The usual dose is 100mg once daily or 50mg twice daily
- Uneven heart beats (arrhythmias):** the recommended dose is 50 mg to 100 mg a day.'
- The early treatment of a heart attack (myocardial infarction):** the recommended dose is 50 mg to 100 mg a day.

Elderly: If you are an elderly person, your doctor may decide to give you a lower dose, particularly if you have problems with your kidneys.

Children: Not recommended.

Patients with kidney disease: You will usually be given a lower dose depending on how severe your kidney damage is. Patients on haemodialysis should be given 50mg by mouth after each dialysis.

If you take more Atenolol Tablets than you should

If you take more Atenolol Tablets than you should, contact your doctor or nearest hospital emergency department immediately. If an overdose has been taken, there may be signs such as slow or irregular heartbeats, low blood pressure, fluid on the lungs, fainting and cardiac shock (a decreased pumping ability of the heart that causes a shock like state). Take the pack and remaining tablets with you.

If you forget to take Atenolol Tablets

If you forget to take a dose, take it as soon as you remember unless it is almost time for your next dose. Do not take a double dose to make up for a forgotten tablet.

If you stop taking Atenolol

Do not stop taking Atenolol Tablets without talking to your doctor, even if you feel better. Suddenly stopping Atenolol may cause chest pain, heart attack, or irregular heartbeat. Your doctor will probably decrease your dose gradually.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Atenolol Tablets can cause side effects, although not everybody gets them.

Very serious side effects – If any of the following happens, stop taking Atenolol Tablets and tell your doctor immediately or go to the nearest hospital emergency department:

- Rare allergic (Hypersensitive) reactions such as difficulty of breathing, swelling of your face, throat or tongue, skin rash, itching, nettle rash, blisters, blood spots, wheals (small swellings on the skin) and, less often, blistering skin diseases which may appear like a burn, or as a red/purple rash, or a scaly skin.

Other possible side effects:

Common (occurring in less than 1 in 10 patients)

- Feeling sick (nausea).
- You may notice that your pulse rate becomes slower while you are taking the tablets. This is normal, but if you are concerned please tell your doctor about it.
- coldness of hands and feet
- stomach upset, diarrhoea
- tiredness

Uncommon (occurring in less than 1 in 100 patients)

- sleep disturbances
- liver problems

Rare (may affect up to 1 in 1,000 people)

- Changes in personality (psychoses) or hallucinations.
- Skin rash
- Purplish marks on your skin.
- Jaundice (causing yellowing of your skin or the whites of your eyes).
- changes in heart rhythm (including Abnormal Heart beat, tiredness & slow heart rate or heart block)
- low blood pressure on standing, fainting, worsening of existing heart failure, heart attack and circulation failure
- Numbness and spasm in your fingers which is followed by warmth and pain (Raynaud's disease).
- fewer blood platelets (this may make you bruise more easily)
- mood changes, nightmares, confusion, sensing things that are not real, mental illness of which you are not aware
- dizziness, headache
- dry eyes, impaired vision
- a feeling of dizziness or "spinning"
- tingling or numbness in the hands or feet
- being unable to get an erection (impotence)
- dry mouth
- baldness, thinning of the hair
- liver toxicity
- changes detected in blood test for 'ANA' (antinuclear antibody)

Very rare (may affect up to 1 in 10,000 people)

- Changes to some of the cells or other parts of your blood. Your doctor may take blood samples every so often to check whether Tenormin has had any effect on your blood.
- Not known (frequency cannot be estimated from the available data)**
 - Lupus-like syndrome (a disease where the immune system produces antibodies that attacks mainly skin and joints).
 - Depression.

Conditions that may get worse

If you have any of the following conditions, they may get worse when you start to take your medicine. This happens rarely affecting less than 1 in 1,000 people.

- Psoriasis (a skin condition).
- Being short of breath or having swollen ankles (if you have heart failure).
- Asthma or breathing problems.
- Poor circulation.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine

5. HOW TO STORE ATENOLOL TABLETS

Keep out of the reach and sight of children. Do not store the tablets above 25°C. Store in a cool dry place.

Protect from light. Keep them in the original pack. Do not take these tablets after the expiry date shown on the pack. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Atenolol Tablets contains:

The active ingredient in your tablets is Atenolol. Each Atenolol 25mg Tablet contains 25mg of the active ingredient Atenolol.

The other ingredients are Lactose Monohydrate, Magnesium Stearate, Maize Starch, Cellulose Microcrystalline and Sodium Starch Glycolate (Type A).

These tablets are available in packs of 28 or 50 tablets.

Marketing Authorisation Holder

RxFarma, Colonial Way, Watford, Hertfordshire, WD24 4YR.

Manufacturer:

Rx Farma Limited, Unit 3, Colonial Way, Watford, Hertfordshire, WD24 4YR, United Kingdom

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