

## Metoprolol Tartrate 25mg tablets

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- 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 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 (see section 4).

### What is in this leaflet

1. What Metoprolol Tartrate 25 mg tablets are and what they are used for
2. What you need to know before you take Metoprolol Tartrate 25mg tablets
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### 1. WHAT METOPROLOL TARTRATE 25MG TABLETS ARE AND WHAT THEY ARE USED FOR

Metoprolol Tartrate 25mg tablets contains metoprolol tartrate and is one of a group of medicines called beta-blockers. Beta-blockers slow the heartbeat, lessen the force with which the heart muscle contracts and reduces blood vessel contraction in the heart, brain, and throughout the body.

Metoprolol Tartrate 25mg tablets are used to treat a number of different conditions including:

- High blood pressure
- Angina (chest pain)
- Some heart disorders, for example, heart attack or irregular heartbeats.
- They can also be used as part of the treatment for an overactive thyroid gland.
- Metoprolol Tartrate 25mg tablets can be taken to help prevent migraine attacks.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE METOPROLOL TARTRATE 25MG TABLETS

#### Do not take Metoprolol Tartrate 25mg Tablets if:

- you are allergic to metoprolol, any other beta-blocker drugs or any of the other ingredients of this medicine (listed in section 6). If you think you may be allergic, talk to your doctor before taking this medicine.
- you are allergic to any other beta-blocker drugs,
- you have severe asthma or severe attacks of wheezing,
- you have certain serious heart or blood vessel disorders which shouldn't be treated with beta-blockers (your doctor should be aware of these),
- you have low blood pressure,
- you have been told that you have high blood pressure due to a tumour near your kidney (phaeochromocytoma),
- you have been told that your blood is more acidic than normal (a condition called metabolic acidosis).

If any of the above applies to you, do not take Metoprolol Tartrate 25mg tablets and talk to your doctor.

#### Warnings and precautions

Talk to your doctor or pharmacist before taking Metoprolol Tartrate 25mg tablets if you:

- suffer from asthma, bronchitis or any similar lung disorder
- have problems with your heart (such as slow heart rate) or circulation (taking this medicine may make these worse)
- have diabetes
- suffer from any serious liver disease
- have had a severe allergic reaction to anything
- suffer from a rare form of angina called Prinzmetal's angina
- will be having an operation which requires a general anaesthetic
- have psoriasis

If any of these apply to you, discuss your treatment with your doctor or pharmacist because this medicine might not be the right medicine for you.

If you are going to have a general anaesthetic, tell the doctor or dentist in charge that you are taking Metoprolol Tartrate 25mg tablets.

If you are diabetic, take particular care with your blood sugar control since Metoprolol

Tartrate 25mg tablets may make you less aware of low blood sugar levels.

The doctor will want to keep an eye on your heart and thyroid function while you are taking this medicine. You might also need regular eye examinations.

#### Children and adolescents

Metoprolol Tartrate 25mg tablets are not recommended for the treatment of children or adolescents.

#### Other medicines and Metoprolol Tartrate 25mg tablets

Tell your doctor or pharmacist if you are taking, have taken or might take any other medicines. This includes medicines you can buy without prescription, including herbal medicines. This is because metoprolol can affect the way some medicines work. Also some medicines can affect the way metoprolol works.

In particular, tell your doctor or pharmacist if you are taking any of the following:

- Medicines for high blood pressure (including prazosin, clonidine and drugs called calcium channel blockers such as verapamil or diltiazem)
- Other beta-blockers (including those used in the form of eye drops)
- Drugs which affect the peripheral circulation (fingers and toes) such as ergotamine which can be used to treat migraine
- Medicines to treat depression
- Medicines to treat other mental illnesses
- Antiretroviral drugs used to treat AIDS and some other conditions
- Antihistamines (including medicines that you can buy without a prescription for hay fever and other allergies, colds and other conditions)
- Drugs to prevent malaria
- Medicines to treat fungal infections
- Medicines which affect liver enzymes, such as cimetidine used to treat stomach ulcers and rifampicin used to treat tuberculosis
- Medicines for heart problems including angina, such as amiodarone, digoxin, nitrates and anti-arrhythmic drugs
- Insulin and other drugs to treat diabetes
- Drugs called NSAIDs used to treat pain and inflammation
- A local anaesthetic called lidocaine.

#### Metoprolol Tartrate 25mg tablets with alcohol

Be careful when drinking alcohol - it may affect you more than usual.

#### Pregnancy and breast-feeding

Metoprolol is not recommended during pregnancy or breast-feeding. If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

#### Driving and using machines

If you feel dizzy or sleepy, or if you have problems with your eyes when you start to take these tablets, do not drive or use machinery until these effects have worn off.

#### Metoprolol Tartrate 25mg tablets contain lactose monohydrate and sodium

This medicine contains lactose monohydrate which is a type of sugar. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

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

### 3. HOW TO TAKE METOPROLOL TARTRATE 25MG TABLETS

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The doctor will tell you how many Metoprolol Tartrate 25mg tablets to take and when to take them. The dose you are prescribed will depend on the condition you have and how severe it is.

The dose will be on the pharmacist's label. Check the label carefully. If you are not sure, ask your doctor or pharmacist. Keep taking your tablets for as long as you have been told, unless you have any problems. In that case, check with your doctor.

Swallow your tablets with a drink of water.

The recommended doses are:

#### High blood pressure

The usual starting dose is 100 mg a day. This can be increased by your doctor if necessary.

### Angina (Chest pain)

The usual dose is 50-100 mg taken two or three times a day.

For other conditions, the usual total daily dose is between 100 and 200 mg. Your doctor will choose a suitable starting dose and monitor your progress.

Your doctor may also recommend that you take a lower dose of 25 mg based on your condition.

### **If you take more Metoprolol Tartrate 25mg tablets than you should**

If you accidentally take too many tablets, tell your doctor at once or contact your nearest hospital casualty department. Take your medicine with you so that people can see what you have taken.

### **If you forget to take Metoprolol Tartrate 25mg tablets**

If you forget to take a dose, take it when you remember and then take your next dose at the usual time. Do not take a double dose to make up for a forgotten tablet.

### **If you stop taking Metoprolol Tartrate 25mg tablets**

Do not stop taking your tablets suddenly as this may cause your condition to get worse. Ask your doctor first. When discontinuing the treatment, the dose should be withdrawn gradually over a period of 10 days, the doses diminishing to 25 mg for the last 6 days.

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

**The side effects listed below have been reported.**

### **Common: may affect up to 1 in 10 people**

- Headache, dizziness, or unusual tiredness.
- Slow heartbeat.
- Low blood pressure which might make you faint or dizzy.
- Feeling short of breath when exercising.
- Feeling or being sick, stomach ache.

### **Rare: may affect up to 1 in 1,000 people**

- Sleep disorders such as sleepiness, sleeplessness or nightmares.
- Feeling less alert.
- Coldness, numbness or tingling in your hands and feet.
- Depression.
- Muscle cramps
- Heart failure or irregular heartbeat.
- Water retention (oedema).
- Breathlessness or wheeziness (bronchospasm).
- Diarrhoea or constipation.
- Skin rash and/or itching.

### **Very rare: may affect up to 1 in 10,000 people**

- Weight gain.
- Hallucinations or personality disorders.
- Dry or sore eyes or problems with vision.
- Tinnitus or hearing problems.
- Gangrene.
- Runny nose, dry mouth.
- Changes in the results of liver function tests.
- Bruising or increased sensitivity of the skin to sunlight, worsening of psoriasis.
- Increased sweating, loss of hair.
- Impotence or loss of libido.
- Painful joints.
- Chest pain.

The following have also been reported:

- Confusion
- Abnormal levels of certain types of fats such as cholesterol or triglycerides in the blood.
- Abnormal curvature of the penis with painful erections (known as Peyronie's disease)
- Retroperitoneal fibrosis where abnormal scar tissue occurs behind the membrane that lines the cavity of the abdomen. This may present with pain in the back, groin or the lower abdomen.
- Hepatitis.

Do not be alarmed by this list - most people take metoprolol without any problems.

If any of the symptoms become troublesome, or if you notice anything else not mentioned here, please go and see your doctor as they may want to give you a different medicine.

### **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 at: [www.mhra.gov.uk/yellowcard](http://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 METOPROLOL TARTRATE 25MG TABLETS

- Keep out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the label and carton after "EXP". The expiry date refers to the last day of that month.
- This medicinal product does not require any special storage conditions.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6. CONTENTS OF THE PACK AND OTHER INFORMATION

### **What Metoprolol Tartrate 25mg tablets contain**

Each tablet contains 25mg of the active ingredient metoprolol tartrate. The other ingredients are: cellulose, microcrystalline; maize starch; lactose monohydrate; silica, colloidal anhydrous; sodium starch glycolate; calcium stearate; silica, hydrophobic colloidal; povidone.

### **What Metoprolol Tartrate 25mg Tablets look like and contents of the pack**

Metoprolol Tartrate 25mg tablets are white to off white lentil shaped tablets with a diameter of 7 mm.

The tablets come in blister packs containing 28 or 56 tablets.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder and Manufacturer**

#### Marketing Authorisation Holder

Zentiva Pharma UK Limited  
12 New Fetter Lane  
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#### Manufacturer

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