

PACKAGE LEAFLET: INFORMATION FOR THE USER
Atenolol Tablets 25 mg, 50 mg & 100 mg
 atenolol

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, pharmacist or nurse.
- 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 any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4

What is in this leaflet:

1. What are Atenolol Tablets are and what it is used for
2. What you need to know before you take Atenolol Tablets
3. How to take Atenolol Tablets
4. Possible side effects
5. How to store Atenolol Tablets
6. Contents of the pack and other information

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

Atenolol is one of a group of medicines called beta-blockers. These medicines work by blocking the beta-adrenoreceptors mainly in heart.

Atenolol Tablets may be used to:

- Treat high blood pressure (hypertension)
- Relief of chest pain (angina)
- Controlling heart beats which are irregular or too fast (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. WHAT YOU NEED TO KNOW BEFORE YOU TAKE ATENOLOL TABLETS

Do not take Atenolol Tablets

- If you are allergic to atenolol or any of the other ingredients of this medicine (listed in section 6).
- 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.
- 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.
- If you have been told that you have higher than normal levels of acid in your blood (metabolic acidosis).

Do not take atenolol tablets if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking atenolol tablets

Warnings and precautions

Talk to your doctor or pharmacist before taking Atenolol Tablets if you:

- Have poor blood circulation or controlled heart failure
- Have a type of chest pain (angina) called Prinzmetal's angina
- Have first degree heart block
- Have ever had 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
- Have kidney problems. You may need to have some check-ups during your treatment.
- Have thyrotoxicosis (a condition caused by an overactive thyroid gland). Atenolol may hide the symptoms of thyrotoxicosis
- Have diabetes. Your medicine may change how you respond to having low blood sugar. You may feel your heart beating faster.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking atenolol.

Children

Do not give this medicine to children because it is unlikely to be safe.

Other medicines and Atenolol Tablets

Talk to your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines that you buy without a prescription and herbal medicines. This is because atenolol tablets can affect the way some other medicines work and some medicines can have an effect on atenolol tablets.

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

- Clonidine (for high blood pressure or migraine). If you are taking clonidine and Tenormin 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.
- Verapamil, diltiazem and nifedipine (for high blood pressure or chest pain).
- Medicines to treat an irregular heartbeat (Anti-arrhythmics), such as disopyramide, quinidine, amiodarone, lidocaine, procainamide, flecainide
- Medicines used to treat diabetes such as insulin and metformin
- Medicines used to treat heart conditions such as digoxin
- Non-steroidal anti-inflammatory drugs (NSAIDs) used to treat pain and inflammation such as ibuprofen and indometacin
- Medicines to treat nose or sinus congestion or other cold remedies including those you can buy in the pharmacy)
- Adrenaline (epinephrine) and isoprenaline which are heart stimulants

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.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, thinking 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

Atenolol tablets may make you feel tired or dizzy. Make sure you are not affected before you drive or operate machinery.

Information on Sodium content

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

- Your doctor will tell you how many tablets to take each day and when to take them. Read the label on the carton to remind you what the doctor said.
- Swallow your atenolol tablet whole with a drink of water.
- Try to take your tablet at the same time each day.

Dimension: 240 x 200 mm

Front Side

NON PRINTING COLOUR

ARTWORK DETAIL LABEL

Product	Atenolol Tablets 25 mg, 50 mg & 100 mg			
Buyer/Country	Strides Pharma UK Ltd.	Component	Pack Insert	
Dimension	240 x 200 mm		Pack	---
New Item Code	1051171	Old Item Code	1036478	
Colour Shades	■ BLACK		No. of Colours	1
Change Control No.	PC-ODF/2024/613 - Record Number: 433247		Artwork Version	6.0
Design/Style	Front & Back Side Printing. To be supplied in the unfolded size.			
Substrate	60 GSM Paper.			
Special Instructions	PRINTING CLARITY TO BE CLEAR AND SHARP.			
Autocartonator Requirements	Pack insert supply should be as per auto-cartonator. Refer auto-cartonator drawing for instructions.			
Caution to the printer: Before processing, please ensure that the ARTWORK received for printing is exactly in line with APPROVED ARTWORK provided to you. In case of any FONTS/DESIGN are Mis-matching with the APPROVED ARTWORK, please inform PDC for further action. DO NOT MAKE ANY CHANGE TO THE ARTWORK WITHOUT WRITTEN INSTRUCTIONS FROM PDC.				

The usual adult dosage is:

- **High blood pressure (hypertension) :**
the recommended dose is 50mg – 100mg daily
- **Angina (chest pain) :** the recommended dose is 100mg once daily or 50mg twice daily
- **Irregular heart beats (arrhythmias):** the recommended dose is 50-100mg daily, given as a single dose
- **The early treatment of a heart attack (myocardial infarction):** the recommended dose is 50 mg to 100 mg a day.

Elderly: The above dosages may sometimes be reduced especially if you have damaged kidneys.

Patients with severe kidney problems: If you have severe kidney problems your doctor may decide to give you a lower dose.

Use in children

This medicine must not be given to children.

If you take more Atenolol Tablets than you should

If you take more atenolol tablets than prescribed by your doctor, talk to a doctor or go to a hospital straight away. Take the medicine pack with you so that the tablets can be identified.

If you forget to take Atenolol Tablets

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

If you stop taking Atenolol tablets

Do not stop taking atenolol tablets without talking to your doctor. In some cases, you may need to stop taking it gradually.

4. POSSIBLE SIDE EFFECTS

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

Allergic reactions:

If you have an allergic reaction, see a doctor straight away. The signs may include raised lumps on your skin (weals), or swelling of your face, lips, mouth, tongue or throat.

Other possible

Common side effects (may affect up to 1 in 10 people):

- 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.
- Cold hands and feet
- Feeling sick (nausea)
- Diarrhoea
- Fatigue (tiredness).

Uncommon side effects (may affect up to 1 in 100 people):

- Sleep disturbances such as insomnia and nightmares
- Rare side effects** (may affect up to 1 in 1,000 people):
- Heart block (which can cause dizziness, abnormal heart beat, tiredness or fainting).
 - Numbness and spasm in your fingers which is followed by warmth and pain (Raynaud's disease).
 - Mood changes
 - Nightmares.
 - Feeling confused
 - Changes in personality (psychoses) or hallucinations.
 - Headaches
 - Dizziness (particularly when standing up).
 - Tingling of your hands.
 - Being unable to get an erection (impotence).
 - Dry mouth.
 - Dry eyes
 - Disturbances of vision.
 - Thinning of your hair.
 - Skin rash.
 - Reduced numbers of platelets in your blood (this may make you bruise more easily).
 - Purplish marks on your skin.
 - Jaundice (causing yellowing of your skin or the whites of your eyes).

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

- An increase in some white blood cells that would be measured by a blood test.

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, pharmacist or nurse. 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 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 this medicine out of sight and reach of children.

Do not store above 25°C. Store in the original package. Keep the container or bottle tightly closed.

Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month.

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 PACK AND OTHER INFORMATION

What Atenolol Tablets contains

The active substance is atenolol.

Each tablet contains either 25 mg, 50 mg or 100 mg of the active substance.

The other ingredients are Gelatin, heavy magnesium carbonate, magnesium stearate, microcrystalline cellulose, maize starch, sodium lauryl sulphate, talc.

What Atenolol Tablets look like and contents of the pack

Description:

Atenolol Tablets 25 mg, 50 mg & 100 mg: Circular, white, flat tablet scored on one side.

Contents of pack:

Atenolol Tablets 25 mg, 50 mg & 100 mg: 14 tablets in a blister and 2 such blisters in a carton

**Marketing Authorisation Holder and Manufacturer
Strides Pharma UK Ltd.**

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Dimension: 240 x 200 mm

Back Side

NON PRINTING COLOUR



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