

# Metoprolol Tartrate 50mg and 100mg 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

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### 1 What Metoprolol Tartrate tablets are and what they are used for

Metoprolol Tartrate belongs to a group of medicines called beta-blockers. It is used to **treat**:

- high blood pressure
  - angina pectoris (pain in the chest caused by blockages in the arteries to the heart)
  - irregular heart rhythm (arrhythmia)
  - the symptoms caused by an overactive thyroid gland (thyrotoxicosis)
- It is used to **prevent**:
- migraine
  - heart damage and death due to heart attacks.

### 2 What you need to know before you take Metoprolol Tartrate tablets

**Do not take** Metoprolol Tartrate tablets if you:

- are **allergic** to metoprolol, other beta-blockers or any of the other ingredients of this medicine (listed in section 6)
- suffer with **heart conduction or rhythm problems**
- have severe or uncontrolled **heart failure**
- are in **shock** caused by heart problems
- suffer with **blocked blood vessels**, including **blood circulation problems** (which may cause your fingers and toes to tingle or turn pale or blue)
- have a **slow heart rate** or have suffered a heart attack which has been complicated by a significantly slow heart rate
- suffer from a tight, painful feeling in the chest in periods of rest (**Prinzmetal's angina**)
- suffer with **untreated phaeochromocytoma** (high blood pressure due to a tumour near the kidney)
- suffer from **increased acidity of the blood** (metabolic acidosis)
- have **low blood pressure**

- have or have had **breathing difficulties or asthma** including **COPD** (Chronic Obstructive Pulmonary Disease causing cough, wheezing or breathlessness, phlegm or increase in chest infections)
- suffer with **diabetes** associated with frequent episodes of **low blood sugar** (hypoglycaemia)
- have **liver or kidney disease or failure**
- have **difficulties in passing urine**
- have **low levels of potassium** (hypokalaemia) or **sodium** (hyponatraemia) in your blood
- have **high levels of calcium** (hypercalcaemia)
- suffer with **gout** due to high levels of uric acid (hyperuricaemia) in your blood causing crystals to deposit in joints of hands or feet causing pain
- are given other medicines for blood pressure by injection especially verapamil, diltiazem or disopyramide.

## Warnings and precautions

Talk to your doctor or pharmacist before using Metoprolol Tartrate tablets if you:

- have a **history of allergic reactions**
- have **diabetes mellitus** (low blood sugar levels may be hidden by this medicine)
- suffer from treated **phaeochromocytoma** (high blood pressure due to tumour near the kidney)
- have or have suffered from **psoriasis** (severe skin rashes)
- have a **slow heart rate** or **blood vessel disorder**
- have controlled **heart failure**
- have **impaired liver or kidney function**
- have **liver cirrhosis**
- are **elderly**
- have **myasthenia gravis**.

## Anaesthetics and surgery

If you are going to have an operation or an anaesthetic, please tell your doctor or dentist that you are taking Metoprolol Tartrate tablets, as your heart beat might slow down too much.

## Taking other medicines

**Do not take** Metoprolol Tartrate tablets if you are already taking:

- **monoamine oxidase inhibitors** (MAOIs) for depression
- other **blood pressure lowering** medicines such as verapamil, nifedipine and diltiazem
- **disopyramide** or **quinidine** (to treat irregular heartbeat (arrhythmia))

## Children

Do not give this medicine to children.

## Other medicine and Metoprolol Tartrate tablets

Tell your doctor or pharmacist if you are taking, have taken recently or might take any other medicines.

- **cimetidine** (to treat stomach ulcers)
- **hydralazine, clonidine or prazosin** (to treat high blood pressure)
- **amiodarone and propafenone** (for irregular heart rhythm)
- **tricyclic or SSRI antidepressants** (to treat depression)
- **barbiturates** (to treat epilepsy)
- **phenothiazines** (for mental illness)
- **anaesthetics** such as cyclopropane or trichloroethylene
- **aldesleukin** (to treat some cancers, particularly cancer of the kidney)
- **prostacilin** (to treat erectile dysfunction)
- **anxiolytics or hypnotics** (e.g. temazepam, nitrazepam, diazepam)
- **indometacin or celecoxib** (Non-Steroidal Anti-Inflammatory Drugs (NSAIDs))
- **rifampicin** (antibiotic) or **terbinafine** (antifungal)
- **cocaine**
- **oestrogens** such as a contraceptive pill or hormone replacement therapy
- **corticosteroids** (e.g. hydrocortisone, prednisolone)
- other **beta-blockers** e.g. eye drops.
- **adrenaline** (epinephrine) or **noradrenaline** (norepinephrine), used in anaphylactic shock or other **sympathomimetics**

- medicines used to treat **diabetes**
- **lidocaine** (a local anaesthetic)
- **moxislyte** (used in Raynaud's syndrome)
- **mefloquine** (to treat malaria)
- **tropisetron** (to prevent nausea and vomiting)
- **xanthines** such as aminophylline or theophylline (to treat asthma)
- medicines to treat **migranes** such as ergotamine
- **cardiac glycosides** e.g. digoxin (to treat heart conditions)
- **hydroxychloroquine** (to treat rheumatoid arthritis)
- **diphenhydramine** (sedative antihistamine).

### Metoprolol Tartrate tablets and alcohol

You are advised to avoid alcohol whilst taking this medicine. Alcohol may increase the blood pressure lowering effect of Metoprolol Tartrate tablets.

### Pregnancy and breast-feeding

Metoprolol Tartrate tablets are 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

Metoprolol Tartrate tablets may make you feel tired and dizzy. Make sure you are not affected before you drive or operate machinery, particularly after changing to another medicine or if taken with alcohol.

### Metoprolol Tartrate tablets contain lactose

If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine, as it contains lactose.

## 3 How to take Metoprolol Tartrate tablets

Always take Metoprolol Tartrate tablets exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

#### Recommended dose:

- **High blood pressure:**  
Initially 100mg metoprolol tartrate daily. The dose may be increased to 200mg daily in single or divided doses.
- **Angina:**  
50-100mg metoprolol tartrate two or three times daily.
- **Irregular heart beats (arrhythmia):**  
50mg metoprolol tartrate two or three times daily. The dose may be increased to 300mg daily in divided doses.
- **Heart attacks:**  
50mg metoprolol tartrate every six hours. The usual maintenance dose is 200mg daily in divided doses. The medicine should be taken for at least 3 months.
- **Overactive thyroid gland (thyrotoxicosis):**  
50mg metoprolol tartrate four times daily.
- **Prevention of migraine:**  
100-200mg metoprolol tartrate daily in divided doses (in the morning and evening).
- **Children:**  
Not recommended.
- **Patients with impaired kidney or liver function:**  
In such cases the dose should be adjusted. Always follow your doctor's advice.

Swallow the tablet whole. The score line is only there to help you break the tablet if you have difficulty swallowing it whole.

### If you take more Metoprolol Tartrate tablets than you should

If you have accidentally taken more than the prescribed dose, contact your nearest casualty department or tell your doctor or pharmacist at once. Symptoms of overdose are low blood pressure (fatigue and dizziness), slow pulse, heart conduction problems, heart failure, shock caused by heart problems, cardiac arrest, shortness of breath, unconsciousness, coma, feeling and being sick, blue colouring of the skin, low blood sugar levels and high levels of potassium in the blood.

### If you forget to take Metoprolol Tartrate tablets

If you forget to take a dose, take it as soon as you remember, unless it is nearly time for your next dose. Then go on as before. Do not take a double dose to make up for a forgotten dose.

### If you stop taking Metoprolol Tartrate tablets

**Do not suddenly stop** taking Metoprolol Tartrate tablets as this may cause worsening of heart failure and increase the risk of heart attack. Only change the dose or stop the treatment in consultation with your doctor.

If you have any further questions on the use of this medicine, ask your doctor, or pharmacist.

## 4 Possible side effects

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

### Stop treatment and contact a doctor at once if you have the following symptoms of an:

- **allergic reaction** such as itching, difficulty breathing or swelling of the face, lips, throat or tongue.

**Tell your doctor if you notice any of the following side effects** or notice any other effects not listed:

**Common** (may affect up to 1 in 10 people): tiredness, dizziness, headache, a slow heart rate, feeling faint on standing due to low blood pressure, shortness of breath with or without strenuous physical activity, feeling or being sick, stomach pain

**Rare** (may affect up to 1 in 1,000 people): depression, nightmares, inability to think clearly, sleepiness or difficulty in sleeping, tingling or pins and needles, difficulty breathing, heart failure, irregular heart rate, palpitation, water retention causing swelling. Raynaud's phenomenon (causing pain, numbness, coldness and blueness of the fingers), diarrhoea or constipation, skin rash, muscle cramps

**Very rare** (may affect up to 1 in 10,000 people): changes in the results of blood tests, effects on blood clotting causing easy or unexplained bruising, changes in personality, hallucinations, visual disturbances, dry or irritated eyes, ringing in the ears, loss of hearing with high doses, heart conduction problems, chest pain, gangrene in patients with severe poor circulation, runny nose, dry mouth, weight gain sensitivity to light, increased sweating, hair loss, worsening or new psoriasis, joint inflammation (arthritis), disturbances of sexual desire and performance, changes in liver function tests.

**Not known** (frequency cannot be estimated from the available data): worsening or development of limping, hepatitis (symptoms include fever, sickness and yellowing of the skin or whites of the eyes), Peyronie's syndrome (bending of the penis), symptoms of high levels of the thyroid hormone or low blood sugar may be hidden, confusion, increase in blood fats or decrease in cholesterol, retroperitoneal fibrosis (symptoms include lower back pain, high blood pressure), occurrence of antinuclear antibodies not associated with systemic lupus erythematosus (SLE).

### 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](http://www.mhra.gov.uk/yellowcard)  
By reporting side effects you can help provide more information on the safety of this medicine.

## 5 How to store Metoprolol Tartrate tablets

Keep out of the sight and reach of children.

Store below 25°C in a dry place. Protect from light.

Do not take the tablets after the expiry date which is stated on the carton.

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 Contents of the pack and other information

### What Metoprolol Tartrate tablets contain

- the active substance (the ingredient that makes the tablets work) is metoprolol tartrate. Each tablet contains either 50mg or 100mg of the active substance.
- the other ingredients are silica, colloidal anhydrous, lactose monohydrate, magnesium stearate, maize starch, cellulose microcrystalline, povidone.

### What Metoprolol Tartrate tablets look like and contents of the pack

Metoprolol Tartrate 50mg tablets are white to off-white, circular, biconvex uncoated tablets impressed "50" and the identifying letters "ML" on either side of a central division line on one face, plain on the reverse.

Metoprolol Tartrate 100mg tablets are white to off-white, circular, biconvex uncoated tablets impressed "100" and the identifying letters "MK" on either side of a central division line on one face, plain on the reverse.

Pack sizes are 28 and 56.

### Marketing Authorisation Holder and Manufacturer

Actavis, Barnstaple, EX32 8NS, UK.

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