Propranolol 10mg, 40mg, 80mg and 160mg 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 this leaflet
What Propranolol tablets are and what they are used for
Possible side effects
How to take Propranolol tablets
How to store Propranolol tablets
Contents of the pack and other information

What are Propranolol tablets and what are they used for?
Propranolol belongs to a group of medicines called beta-blockers. It is used to:
- treat high blood pressure, an enlarged heart muscle or tremors
- treat angina pectoris (pain in the chest caused by blockages in the arteries leading to the heart) or high blood pressure caused by a tumour near a kidney (phaeochromocytoma)
- help prevent additional heart attacks
- control irregular or fast heart beats
- control fast heart rate and other symptoms caused by an overactive thyroid gland
- to reduce migraine attacks
- calm people who are anxious or worried
- prevent stomach bleeding in patients with high blood pressure in their liver or swollen blood vessels in their gullet.

What you need to know before you take Propranolol tablets
Do not take Propranolol tablets and tell your doctor if you:
- are allergic to any of the other ingredients (see section 6)
- have untreated/uncontrolled heart failure or are in shock caused by heart problems
- suffer with heart conduction or rhythm problems
- have a slow heart rate
- have low blood pressure
- suffer from severe blood circulation problems (which may cause your fingers and toes to turn blue or black)
- suffer from diabetes mellitus (low blood sugar levels may be hidden by this medicine and increased acidity of the blood (metabolic acidosis)
- are on a strict fasting diet
- suffer from a tight, painful feeling in the chest in periods of rest (Pneumonitis angina)
- suffer from asthma or any other breathing difficulties
- suffer from untreatedphaeochromocytoma (high blood pressure due to a tumour near the kidney).

Warnings and precautions
Talk to your doctor or pharmacist before taking Propranolol tablets if you:
- have a history of allergic reactions
- suffer with muscle weakness (myasthenia gravis)
- have a heart weakness or first degree heart block
- have kidney or liver disease
- suffer from blood circulation problems (which may cause your fingers and toes to turn blue or black)
- have symptoms of hyperthyroidism (increased appetite, weight loss, sweating)
- suffer with a history of porphyria
- suffer from Raynaud's disease (cold sensations in fingers and toes or intermittent claudication (narrowing of arteries in the legs causing pain on walking)
- smoke

Other medicines and Propranolol tablets
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.
- medicines to treat heart diseases such as verapamil and diltiazem
- medicines to treat irregular heartbeats (arrhythmias) such as disopyramide, quinidine, flecaïnine and amiodarone
- ergotamine derivatives or rizatriptan (to treat migraine)
- adrenaline (epinephrine) (used in anaphylactic shock)
- medicines to treat diabetes such as insulin
- lidocaine (to treat irregular heartbeats (arrhythmias) or as a local anaesthetic)
- Non-Steroidal Anti-Inflammatory Drugs (NSAID) such as indomethacin
- medicines to treat heart conditions (digitalis glycosides) such as digoxin
- chlorpromazine (for mental illness)
- cimetidine (to treat stomach ulcers)
- other medicines to treat high blood pressure such as alpha blockers, clonidine, mononidine, methyldopa or hydralazine
- levodopa (used in Parkinson's disease)
- monamine-oxidase inhibitors, imipramine or fluvoxamine (to treat depression)
- warfarin (to prevent clotting)
- rifampicin (to treat infection)
- bactrimetates (to treat severe infections)
- theophylline (treating asthma and reversible airways obstruction)
- medicines to clear excess water from the body (diuretics)
- anasthetic medicines to treat high blood pressure or difficulty passing urine such as prazosin
- smoking tobacco

Pregnancy and breastfeeding
Propranolol tablets are not recommended during pregnancy or breastfeeding. If you are pregnant or breastfeeding, 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
Propranolol tablets may cause visual disturbances, hallucinations, fatigue, mental confusion, dizziness or tiredness. Make sure you are not affected before you drive or operate machinery.

Propranolol tablets contain 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, as it contains lactose.

Propranolol tablets contain Carmoisine (E122)
Propranolol tablets contain carmoisine (E122) which may cause allergic reactions.

Continued over page

---

Propranolol Tablets
all strengths x all sizes

JDE No.: 50933255

Dimensions: 148 x 210 (Reel Fed)
Component: Leaflet for Blister packs
Pharmacode: 6699

Date Sent: 03/05/17
Technologist: R.Wrey
Technically Approved

---

* Please note that only Artwork Studio is permitted to make changes to the above artwork. No changes are permitted by any 3rd party other than added notes and mark ups for required changes.
Alcohol intake
You are advised to avoid alcohol whilst taking this medicine.

Anaesthetics or tests
If you are going to have an anaesthetic or any blood or urine tests, please tell your doctor or dentist that you are taking Propranolol tablets.

If you see another doctor or go into hospital, let them know what medicines you are taking.

1 How to take Propranol 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.
Take with water before meals.
Do not stop taking this medicine unless your doctor tells you to stop.

Recommended doses:
Adults & children over 12 years:
- Angina, migraine or tremor - initially 40mg two or three times a day, then 120-240mg a day for angina or 80-160mg a day for migraine or tremor.
- High blood pressure - initially 40mg twice a day, then 160-320mg a day.
- Insomnia - before bedtime, or before treatment is started.
- Heart attack (if started treatment 5-21 days after attack) - 40mg four times a day for 2-3 days, then 80mg twice a day.
- Phaeochromocytoma - before an operation - 60mg a day for 3 days.
- Treatment dose - 30mg a day.
- Anxiety - 80mg before anxiety symptoms. For long-term anxiety 40mg two or three times a day, treatment is reviewed after 6-12 months.
- High blood pressure with ventricular function - initially 40mg twice a day, increasing to 80mg twice a day depending on response. Maximum dose 160mg twice a day.

Children and Adolescents:
- Irregular heartbeats - Doses are decided using body weight.
- Elderly: your dose may be reduced.

Kidney impairment
Your doctor may prescribe you a different dose.

Liver impairment
Your doctor may prescribe you a different dose.

If you take more Propranol 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 as soon as possible. Overdose causes difficulty breathing, low blood pressure, dizziness, falls, dizziness, an excessively slowed heart beat with symptoms such as dizziness, sickness, confusion, hallucinations, body spasms, breathlessness on exertion, fainting or coma. Overdose could result in heart attack.

If you forget to take Propranol 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 tablet.

If you stop taking Propranol tablets
If you stop taking Propranol tablets suddenly you may experience unpleasant side effects including sweating, shaking, worsening of angina, irregular or fast heartbeat, heart attack or death. Withdrawal should be gradual over 10 to 14 days.

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 have side effects, although not everybody gets them.

Stop treatment and contact a doctor at once if you have the following symptoms of an:
- intolerance to Propranol tablets such as slow heart rate and low blood pressure causing dizziness, light-headedness, fainting or blunted vision
- 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 effect not listed.

Common (may affect up to 1 in 10 people):
- tiredness and/or weakness (these symptoms usually disappear), cold extremities, difficulty in sleeping
- slow or irregular heartbeat, Raynaud’s syndrome
- nightmares

Uncommon (may affect up to 1 in 100 people):
- feeling or being sick, or diarrhoea

Rare (may affect up to 1 in 1,000 people):
- your medicine may affect the number and type of your blood cells. If you notice increased bruising, nosebleeds, sore throats or infections, you should tell your doctor who may want to give you a blood test
- worsening of heart failure, heart block, low blood pressure, fainting on standing, dizziness, warning of Intermittent claudication (pain and/or cramp in the leg caused by a reduced blood flow)
- skin rash, worsening of psoriasis, hair loss, dry flaky skin, red/itchy skin, disorder characterised by blood spots, bruising and discoloration to skin
- hallucinations, mood changes, fits and needles, palpitations, memory loss, confusion
- patients with asthma or a history of breathing problems may experience difficulty in breathing
- dry eyes, visual disturbances

Very rare (may affect up to 1 in 10,000 people):
- development or worsening of myasthenia gravis (disorder characterised by muscle weakness, difficulty chewing or swallowing and slurred speech)

Not known (frequency cannot be estimated from the available data):
- signs of hypothyroidism may be hidden
- changes in blood fats, changes in kidney function
- changes in blood sugar levels
- fits (seizures) linked to low blood sugar levels
- worsening of angina, headache, depression
- constriction, dry mouth, conjunctivitis (inflammation of the front surface of the eye causing redness, swelling or discomfort)
- changes in sex drive or potency
- joint pain

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.

3 How to store Propranol tablets
Keep Propranol tablets out of the sight and reach of children. Do not store the tablets above 25°C. Do not take the tablets after the expiry date which is stated on the carton. The expiry date is also stated on the back of the strip after Ever. 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.

JDE No: 50933255

Propranolol Tablets
all strengths x all sizes

Item no: BBBA0888

Dimensions: 148 x 210

Colours
1. Black
2. Profile

Pharmacode: 6699

Marketing Authorisation Holder and Manufacturer
Actavis, Barnstaple, EX32 8NS, UK

This leaflet was last revised in November 2017

Printed on Integrated 100% Recycled Paper

* Please note that only Artwork Studio is permitted to make changes to the above artwork. No changes are permitted by any 3rd party other than added notes and mark ups for required changes.