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 Propranolol tablets are and what they are used for
2. What you need to know before you take Propranolol tablets
3. How to take Propranolol tablets
4. Possible side effects
5. How to store Propranolol tablets
6. Contents of the pack and other information

What Propranolol tablets are and what they are 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 gut.

What you need to know before you take Propranolol tablets
Do not take Propranolol tablets and tell your doctor or pharmacist if you:
- are allergic (hypersensitive) to Propranolol tablets or any of the other ingredients (see section 5)
- have untreated uncontrolled heart failure or are in shock caused by heart problems
- suffer from 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 tinge or turn pale or blue)
- 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 (Prinzmetal's angina)
- suffer from asthma or any other breathing difficulties
- suffer from uncontrolled phaeochromocytoma (high blood pressure due to a tumour near the kidney).

Continued over next column

Warnings and precautions
Talk to your doctor or pharmacist before taking Propranolol tablets if you:
- have or have had a history of allergic reactions
- suffer with or have a history of Raynaud's disease (cold sensations in fingers and toes or intermittent ischaemia (limiting 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, dihydralazine, nifedipine, nicardipine, nicardipine, labetalol and dipyridamole
- medicines to treat irregular heartbeat (arrhythmia), such as disopyramide, quinidine, flecainide, amiodarone, propafenone
- ergotamine derivatives or dihydralazine (to treat migraine)
- adrenaline (epinephrine) (used in anaphylactic shock)
- medicines to treat diabetes such as insulin
- clonidine (to treat irregular heartbeat (arrhythmia) or as a local anesthetic)
- Non-Steroidal Anti-Inflammatory Drugs (NSAID) such as ibuprofen
- medicines to treat heart conditions (digitalis glycosides) such as digoxin or quinidine and thioridazine (for mental illness)
- theophylline (treating asthma and reversible airways obstruction)
- medicines to clear excess water from the body (diuretics)
- anesthetics
- medicines to treat high blood pressure or difficulty passing urine such as prazosin
- smoking tobacco

Pregnancy and breast-feeding
Propranolol 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
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.

Package leaflet: Information for the patient
Propranolol 10mg, 40mg, 80mg & 160mg tablets

Warnings and precautions
Talk to your doctor or pharmacist before taking Propranolol tablets if you:
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Propranolol 10mg, 40mg, 80mg & 160mg 28 & 56 Tablets PIL - UK

**How to take Propranolol 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.

**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 60-160mg a day for migraine or tremor.
  - High blood pressure: initially 40mg twice a day, then 160-320mg a day.
  - Irregular/fast heart beats, over active thyroid gland or enlarged heart muscle: 10-40mg three to four times a day.
  - Heart attack (start treatment 5-21 days after attack): 40mg four times a day for 2-3 days, then 80mg twice a day.
  - Pheochromocytoma: before an operation - 60mg a day for 3 days.
  - Treatment dose - 40mg a day.
  - Anxieties: 40mg before anxious situations. For long-term anxiety 40mg two or three times a day, treatment is reviewed after 6-12 months.
  - High blood pressure: within 24-48 hrs initially 40mg twice a day, increasing to 40mg 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.

- **Liver impairment:**
  - Your doctor may prescribe a different dose.

- **Kidney impairment:**
  - Your doctor may prescribe a different dose.

**How to store Propranolol tablets**

- Keep Propranolol 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 Exp. 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.

**Contents of the pack and other information**

- The active substance (the ingredient that makes the tablets work) is propranolol hydrochloride. Each tablet contains either 10mg, 40mg, 80mg or 160mg of the active substance.
- The other ingredients are: lactose, magnesium stearate, maize starch, sodium lauryl sulphate, hypromellose (E464), magnesium stearate, hypromellose (E464), iron oxide red (E172), iron oxide black (E171), hypromellose (E464), maize starch, stearic acid, hypromellose (E464), croscarmellose sodium and sodium lauryl sulphate.
- The tablets are pink, circular, film-coated tablets.

**Marketing Authorisation Holder and Manufacturer**

Actavis, Barnstable, EX2 8NS, UK

This leaflet was last revised in May 2018

**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, diarrhoea

**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 hypersensitivity 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
- constipation, dry mouth, conjunctivitis (inflammation of the front surface of the eye causing red, sore, itching or weeping eyes)
- 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 the medicine.**

**How to order Propranolol tablets**

UK-Eire-Artwork-Support@accord-healthcare.com

**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.

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

**Side effects**

- pressure causing dizziness, light-headedness, fainting or blurred vision
- confusion, hallucinations, mood changes, pins and needles, psychoses, 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 hypersensitivity 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
  - constipation, dry mouth, conjunctivitis (inflammation of the front surface of the eye causing red, sore, itching or weeping eyes)
  - changes in sex drive or potency
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- What Propranolol tablets contain
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  - The other ingredients are: lactose, magnesium stearate, maize starch, sodium lauryl sulphate, hypromellose (E464), magnesium stearate, hypromellose (E464), iron oxide red (E172), iron oxide black (E171), titanium dioxide (E171), hypromellose (E464).
  - The tablets are pink, circular, film-coated tablets.
  - Pack sizes are 28 and 56 tablets.
  - Not all pack sizes may be available.

**Marketing Authorisation Holder and Manufacturer**

Actavis, Barnstable, EX2 8NS, UK

This leaflet was last revised in May 2018

**Propranolol Tablets all strengths x all sizes (UK)**

JDE No.: 50947067
Dimensions: 148x210 (Reel Fed)
Component: Leaflet for Blisters
Pharmacode: 55567
Date Sent: 13/04/18
Technologist: R.Wrey
Technically Approved