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.

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 oversecretion of 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.
- have 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 pheochromocytoma (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)
- suffer with liver or kidney disease or failure
- have difficulties in passing urine
- have low levels of potassium (hypokalaemia) or sodium (hypernatraemia) in your blood
- have high levels of calcium (hypocalcaemia).
- 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
- have or have suffered from porphyria (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.

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 pheochromocytoma (high blood pressure due to tumour near the kidney)
- have or have suffered from porphyria (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 diuretics
- diuretics 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 may take any other medicines:
- cimetidine (to treat stomach ulcers)
- hydrochloric acid (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 cyclopropan or trichloroethylene
- aldesleukin (to treat cancer, particularly cancer of the kidney)
- alprostadil (to treat erectile dysfunction)
- anxiolytics or hypnotics (e.g. temazepam, nitrazepam, diazepam)
- indomethacin or colchicine (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
- 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.

Metoprolol Tartrate 50mg and 100mg tablets

- 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)
- suffer with liver or kidney disease or failure
- have difficulties in passing urine
- have low levels of potassium (hypokalaemia) or sodium (hypernatraemia) in your blood
- have high levels of calcium (hypocalcaemia).
- 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
- have or have suffered from porphyria (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.
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.

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
  200mg 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.

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.

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 10,000 people): depression, nightmares, inability to think clearly, sleepiness or difficulty in sleeping, tingling or pins and needles, difficulty breathing, heart failure, irregular heart rate, palpitations, water retention causing swelling, Raynaud’s phenomenon (causing pain, numbness, coldness and blueness of the fingers), dizziness 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, gǎrene in patients with severe poor circulation, rusty 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 fat or decrease in cholesterol, retinopathy (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

By reporting side effects you can help provide more information on the safety of this medicine.

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.

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, providone.

What Metoprolol Tartrate tablets look like and contents of the pack
Metoprolol Tartrate tablets are white to off-white, circular, biconvex uncoated tablets impressed “100” and the identifying letters “MJ” on either side of a central division line on one face, plain on the reverse.

Metoprol Tartrate 100mg tablets are white to off-white, circular, biconvex uncoated tablets impressed “100” and the identifying letters “MJ” 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.

This leaflet was last revised in June 2018.

Metoprolol Tartrate tablets are available in two strengths - 50mg and 100mg.