Propranolol 10mg, 40mg, 80mg and 160mg tablets

Warnings and precautions
Talk to your doctor or pharmacist before taking Propranolol tablets if you:
- have a history of allergic reactions
- suffer from heart weakness (hypothyroidism)
- 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 tingle or turn pale or blue).
- have symptoms of hyperthyroidism (increased appetite, weight loss, sweating)
- suffer with or have 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)
- are elderly

Other medicines and Propranolol tablets
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, especially:
- medicines to treat heart diseases such as verapamil, diltiazem, nifedipine, nisoldipine, nicardipine, lidoflazine, labetalol and diltiazem hydrochloride
- medicines to treat irregular heartbeats (antiarrhythmics) such as sotalol, quinidine, flecainide and amiodarone (to treat heart failure)
- adrenaline (epinephrine) (used in anaphylactic shock)
- medicines to treat diabetes such as insulin
- lidocaine (to treat irregular heartbeats (antiarrhythmics) or as a local anaesthetic)
- Non-Steroidal Anti-Inflammatory Drugs (NSAID) such as ibuprofen, naproxen
- levodopa (used in Parkinson’s disease)
- diuretics (to treat heart failure, hypertension or to treat weight gain)
- medicines to treat high blood pressure such as alpha blockers, clonidine, moxonidine, methyldopa or hydralazine
- medicines to treat stomach ulcers
- other medicines to treat high blood pressure such as alpha blockers, clonidine, moxonidine, methyldopa or hydralazine
- medicines to treat irregular heartbeats (antiarrhythmics) such as sotalol, quinidine, flecainide and amiodarone (to treat heart failure)
- medicines to treat diabetes such as insulin
- ergotamine derivates or rizatriptan (to treat migraine)
- medicines to treat irregular heartbeat (arrhythmia) such as disopyramide, procainamide, procainamide, propafenone
- other medicines to treat high blood pressure such as alpha blockers, clonidine, moxonidine, methyldopa or hydralazine
- medicines to treat heart conditions (digitalis glycosides) such as digoxin
- monoamine-oxidase inhibitors, imipramine or fluvoxamine (to treat depression)
- warfarin (to prevent clotting)
- furosemide (to treat infection)
- barbiturates (to treat severe insomnia)
- theophylline (treating asthma and reversible airways obstruction)
- medicines to correct excess water from the body (diuretics)
- anaesthetics
- 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.
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.

3 How to take Propranolol tablets
Always take the medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are unsure.

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.
- Irregular fast heart beats, over active thyroid gland or enlarged heart muscle - 10-40mg three or 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 - 30mg a day.
- Anxiety - 40mg before anxious situations. For long-term anxiety 40mg two or three times a day, treatment is reviewed after 2-6 months.
- High blood pressure within veins - initially 40mg twice a day, increasing to 40mg twice a day depending on response. Maximum dose 160mg twice a day.

Children and Adolescents:
- Irregular heart beats, pheochromocytoma, thyrotoxicosis, Fallot’s tetralogy - Doses are decided using body weight.
- Migraine - 20mg two to three times daily.

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 Propranolol 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. Overdose causes difficulty breathing, low blood pressure, drowsiness, fits, dilated pupils, an excessively slowed heart beat with symptoms such as dizziness, sickness, confusion, hallucinations, body aches, breathlessness on exertion or fainting or coma. Overdose could result in heart attack.

If you forget to take Propranolol 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 Propranolol tablets
If you stop taking propranolol tablets suddenly you may experience unpleasant side effects including sweating, shaking, threatening 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 Propranolol tablets such as slow heart rate and low blood pressure causing dizziness, light-headedness, fainting or blurred 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 effects 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, diarrhoea

Rare (may affect up to 1 in 1,000 people):
- Your medicines may alter the number and types 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 flattening an standing, dizziness, worsening of intermittent claudication (pain and cramp in the leg caused by 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, 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 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
- Constipation, dry mouth, conjunctivitis (inflammation of the front surface of the eye causing red, sore, itching or watering 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.

3 How to store Propranolol tablets
Keep Propranolol tablets out of the sight of 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.

6 Contents of the pack and other information
What Propranolol tablets contain
- 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, stearic acid, hypromellose (E464).
- The coating contains polyethylene, carboxinyl (E22), titanium dioxide (E171), iron oxide red (E172), hypromellose (E46).

What Propranolol tablets look like and contents of the pack
The tablets are pink, circular, film-coated tablets. Pack sizes are 28 and 56 tablets. Not all pack sizes may be available.

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