

# 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 in this leaflet

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## 1 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 gullet.

## 2 What you need to know before you take Propranolol tablets

**Do not take** Propranolol tablets and **tell your doctor** if you:

- are **allergic** (hypersensitive) to Propranolol tablets or 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 tingle 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 **untreated phaeochromocytoma** (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 tingle or turn pale or blue).
- have symptoms of **hyperthyroidism** (increased appetite, weight loss, sweating)
- suffer with or have a history of **psoriasis**
- 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 heartbeat** (arrhythmia) such as **disopyramide, quinidine, flecainide 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 heartbeat (arrhythmia) or as a local anaesthetic)
- Non-Steroidal Anti-Inflammatory Drugs (NSAID) such as **indometacin**
- 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, moxonidine, methyldopa or hydralazine**
- **levodopa** (used in Parkinson's disease)
- **monoamine-oxidase inhibitors, imipramine or fluvoxamine** (to treat depression)
- **warfarin** (to prevent clotting)
- **rifampicin** (to treat infection)
- **barbiturates** (to treat severe insomnia)
- **theophylline** (treating asthma and reversible airways obstruction)
- medicines to **clear 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 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 80mg 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.
- Phaeochromocytoma
  - 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 6-12 months.
- High blood pressure within veins - 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 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 spasms, breathlessness on exertion, 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, 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 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, or diarrhoea

### Rare (may affect up to 1 in 1,000 people):

- your medicine 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/fainting on standing, dizziness, worsening of Intermittent claudication (pain and/or 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 discolouring 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 hyperthyroidism 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](http://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.

## 5 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.

## 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 polysorbate, carmoisine (E122), titanium dioxide (E171), iron oxide red (E172), hypromellose (E464).

### 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 Authorisation Holder and Manufacturer

Actavis, Barnstaple, EX32 8NS, UK

This leaflet was last revised in November 2017

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