

INDERAL®

propranolol hydrochloride

Consumer Medicine Information

What is in this leaflet

This leaflet answers some of the common questions people ask about INDERAL. It does not contain all the information that is known about INDERAL.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor will have weighed the risks of you taking INDERAL against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

What INDERAL is for

INDERAL works by affecting the body's response to some nerve impulses, especially in the heart.

As a result, it decreases the heart's need for blood and oxygen and therefore reduces the amount of work the heart has to do. It also widens the blood vessels in the body, as well as helping the heart to beat more regularly.

INDERAL belongs to a group of medicines called beta-blockers.

INDERAL tablets are used to treat or prevent a number of conditions, most of which are related to the heart.

- to lower high blood pressure, also called hypertension
- to prevent angina
- to treat or prevent heart attacks, or reduce your risk of heart problems following a heart attack
- to treat irregularities in heart beat, including those caused by anxiety
- essential tremor (shaking of head, chin, hands)
- phaeochromocytoma
- Fallot's Tetralogy
- to prevent migraine headaches

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed this medicine for another reason.

INDERAL is not addictive.

It is only available with a doctor's prescription.

Before you take INDERAL

When you must not take it

Do not take INDERAL if you have an allergy to:

- propranolol
- any of the ingredient listed at the end of this leaflet
- any other similar medicines such as beta-blockers

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- fast heart beats (palpitations)
- extreme tiredness or breathlessness on mild exercise

Do not take INDERAL if you have asthma or severe breathing problems.

Taking INDERAL may make these conditions worse.

Do not take INDERAL if you have certain other heart problems for example heart failure, low blood pressure, problems with your circulation, Prinzmetal's angina, or a slow heart beat.

Taking INDERAL may make these conditions worse.

Do not take INDERAL if you have low blood sugar levels.

Taking INDERAL may make these conditions worse.

Tell your doctor if you are pregnant or breastfeeding. Ask your doctor about the risks and benefits involved.

It may affect your baby if you take it at any time during your pregnancy.

Your baby can take in INDERAL from breast milk if you are breastfeeding.

Do not use after the use by (expiry) date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, food, preservatives or dyes.

Tell your doctor if you have any of these medical conditions

- asthma or serious breathing problems
- heart problems
- low blood pressure
- problems with your circulation
- diabetes or low blood sugar
- an overactive thyroid gland
- liver problems
- kidney problems

It may not be safe for you to take INDERAL if you have any of these conditions.

Tell your doctor if you are fasting or have been fasting recently.

If you have not told your doctor about any of the above, tell him/her before you start taking INDERAL.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and INDERAL may interfere with each other. These include:

- calcium channel blockers - medicines used to treat high blood pressure
- digoxin - a medicine used to treat heart failure.
- medicines for migraine
- medicines for diabetes
- warfarin - a medicine that stops blood clots
- theophylline - a medicine used to treat asthma
- rifampicin - a medicine used to treat tuberculosis
- ibuprofen, indomethacin - medicines used to treat pain and inflammation

- cimetidine - a medicine used to treat ulcers
- chlorpromazine - a medicine used to treat psychotic illnesses
- rizatriptan - a medicine used to treat migraine headaches

These medicines may affect the way INDERAL works or may be affected by INDERAL. You may need to use different amounts of your medicines, or take different medicine. Your doctor will advise you.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking INDERAL.

How to take INDERAL

How much to take

For high blood pressure

The usual starting dose is one 40 mg tablet taken twice a day for one week.

The dose is then usually increased to between 120 mg to 320 mg daily.

If you are taking other medicines which lower blood pressure, your doctor may need to change the dose of them to obtain the best results for you.

For angina and tremor

The usual dose is 40 mg taken two or three times a day.

To treat or prevent heart attack

The usual dose is 80 mg taken twice a day, often starting with 40 mg taken four times a day for 2 or 3 days.

For migraine prevention

Adults

The usual dose is 40 mg taken twice a day. This may need to be increased up to 80 mg twice a day.

Children over 7 years

The starting dose is 10 mg taken once or twice daily. This can be increased if necessary.

Other conditions

Your doctor will tell you what dose to take.

Your doctor may tell you to take a different amount of INDERAL to the one given in this leaflet.

Follow your doctor's instructions carefully.

If you forget to take it

If it is almost time for your next dose (within 6 hours), skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your tablets as you would normally.

Do not double the dose.

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

Taking too much (overdose)

Telephone your doctor, the Poisons Information Centre (13 11 26) or go to Accident and Emergency at your nearest hospital immediately if you think that you or anyone else may have taken too much INDERAL even if there are no signs of discomfort or poisoning.

If you take too many INDERAL tablets you will probably feel very tired, have difficulty breathing and moving around.

While you are using Inderal

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Inderal.

Tell any doctors, dentists, and pharmacists who are treating you that you are taking this medicine.

If you have a severe allergic reaction to foods, medicines or insect stings, tell your doctor immediately.

If you have a history of allergies, there is a chance that Inderal may cause allergic reactions to be worse and harder to treat.

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

You may feel light-headed or dizzy when you begin to take Inderal.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem gets worse or continues, talk to your doctor.

If you plan to have surgery (even at the dentist) that needs a general anaesthetic, tell your doctor or dentist that you are taking Inderal.

Your blood pressure may drop suddenly if Inderal interacts with the anaesthetic.

If you become pregnant while taking Inderal, tell your doctor.

If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor.

Inderal may change how well your diabetes is controlled. It may also cover up some of the symptoms of low blood sugar (hypoglycaemia) such as increased heart rate.

Inderal may increase the time your body takes to recover from low blood sugar. Your doses of diabetic medicines, including insulin, may need to change.

Non-diabetic patients:

Inderal may also occasionally cause low blood sugar (hypoglycaemia) in non-diabetic patients.

These may include the newly born, toddlers, children, elderly, patients suffering from overdose, patients suffering from chronic liver disease, fasting patients or patients on haemodialysis.

Things you must not do

Do not give Inderal to anyone else even if they have the same condition as you.

Do not use Inderal to treat any other complaints unless your doctor tells you to.

Do not stop taking Inderal without checking with your doctor.

Your doctor may want you to gradually reduce the amount of Inderal you are taking before stopping completely. This may help reduce the possibility of your condition getting worse.

Things to be careful of

Be careful driving or operating machinery until you know how Inderal affects you.

Inderal may cause dizziness, light-headedness, tiredness, or drowsiness in some people. Make sure you know how you react to Inderal before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light-headed.

Be careful drinking alcohol while you are taking Inderal.

Dizziness or light-headedness may be worse. Alcohol can also increase the effects of Inderal.

Dress warmly during cold weather, especially if you will be outside for a long time (for example when playing winter sports).

Inderal, like other beta-blocker medicines, may make you more sensitive to cold temperatures, especially if you have circulation problems.

Please talk to your doctor or pharmacist about these possibilities if you think they may bother you.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Inderal.

Inderal helps most people when taken correctly, but it may have unwanted side-effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor if you notice any of the following and they worry you:

- nausea (feeling sick), vomiting
- loss of appetite
- diarrhoea, stomach pain, flatulence
- cold hands or feet
- dizziness, tiredness
- rash, flushing
- hair loss
- feeling tired, lethargic, lack of energy

These side effects are usually mild.

Tell your doctor immediately if you notice any of the following:

- disturbed sleep, vivid dreams or nightmares
- conjunctivitis, dry eyes
- visual disturbances
- trouble passing urine
- unexplained bruising
- mood changes, confusion
- sexual problems
- loss of hearing
- slow heart beats

These are all serious side effects. You may need urgent medical attention.

Serious side effects are rare.

If any of the following happen, stop taking Inderal and tell your doctor immediately or go to Accident and Emergency at your nearest hospital.

- extreme tiredness or breathlessness on mild exercise
- wheezing, difficulty breathing or an asthma attack
- fast heart beats (palpitations)

These are very serious side effects. If you have them, you may have had a serious (allergic) reaction to Inderal. You may need urgent medical attention or hospitalisation.

All of these side effects are very rare.

Tell your doctor if you notice anything else that is making you feel unwell.

Other side effects not listed above may also occur in some people.

After using Inderal

Storage

Keep your tablets in the bottle until it is time to take them.

If you take Inderal out of the bottle it will not keep well.

Keep it in a cool dry place where the temperature stays below 30°C.

Do not store it or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car on hot days.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What Inderal looks like

Inderal tablets are pink, film coated, and biconvex.

Inderal 10mg is intagliated on one face with 10 and bisected on the reverse face.

Inderal 40mg is intagliated on one face with 40 and bisected on the reverse face.

Inderal tablets are supplied in HDPE bottles of 100 tablets.

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Ingredients

Each Inderal tablet contains propranolol hydrochloride 10mg or 40mg as the active ingredient

plus

- Lactose monohydrate
- Carmellose calcium
- Gelatine
- Magnesium stearate
- Glycerol
- Hypromellose
- Titanium dioxide
- Carmine

Manufacturer

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