

## METROL -XL

metoprolol succinate

### Consumer Medicine Information

#### What is in this leaflet

This leaflet answers some common questions about METROL -XL.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

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

**If you have any concerns about taking this medicine, talk to your doctor or pharmacist.**

Keep this leaflet with your medicine.

You may need to read it again.

#### What METROL -XL is used for

METROL -XL is used to treat heart failure. It helps to increase survival, reduce hospitalisation and improve symptoms. It is used in combination with other medicines to treat your condition.

METROL -XL belongs to a group of medicines called beta-blockers. It 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 helps the heart to beat more regularly.

Your doctor may have prescribed METROL -XL for another reason. Ask your doctor if you have any questions about why METROL -XL has been prescribed for you.

METROL -XL is not recommended for use in children, as there have been no studies of its effects in children

METROL -XL is available only with a doctor's prescription.

There is no evidence that METROL -XL is addictive.

#### Before you take METROL -XL

##### *When you must not take it*

**Do not take METROL -XL if you are allergic to medicines containing metoprolol or any of the ingredients listed at the end of this leaflet.**

**Do not take METROL -XL if you have:**

- or have had asthma, bronchitis or other lung problems
- a history of allergic problems, including hayfever
- a very slow heart beat
- a severe blood vessel disorder causing poor circulation in the arms and legs
- certain other heart conditions
- phaeochromocytoma (a rare tumour of the adrenal gland) which is not being treated with other medicines
- low blood pressure.

**Do not take METROL -XL if you are pregnant.**

METROL -XL may affect your baby if you take it early in pregnancy or in the last few weeks before your baby is due.

**Do not take METROL -XL if you are breastfeeding.**

METROL -XL passes into breast milk and may affect your baby.

**Do not take METROL -XL if you are a child**

**Do not take METROL -XL if the expiry date (Exp.) printed on the pack has passed.**

**Do not take METROL -XL if the packaging is torn or shows signs of tampering.**

*Before you start to take it*

**Tell your doctor if you have allergies to:**

- any other medicines, especially other beta-blockers
- any other substances, such as foods, preservatives or dyes.
- Any of the ingredients listed under the ingredients section

**Tell your doctor if you plan to become pregnant or breastfeed**

**Tell your doctor if you have any medical conditions, especially the following:**

- asthma or other lung problem, even if you had them in the past
- allergic problems, including hayfever
- diabetes
- very slow heart beat (less than 45-50 beats per minute)
- severe blood vessel disorder causing poor circulation in the arms and legs
- liver problems
- kidney problems
- certain types of angina
- any other heart problems
- phaeochromocytoma (a rare tumour of the adrenal gland) which is not being treated with other medicines
- hyperthyroidism (an overactive thyroid gland).

Your doctor may want to take special care if you have any of these conditions.

**Tell your doctor if you plan to have surgery.**

**If you have not told your doctor about any of the above, tell them before you start taking METROL -XL.**

##### *Taking other medicines*

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

Some medicines may be affected by METROL -XL, or may affect how well it works. These include:

- other beta-blocker medicines, including beta-blocker eye drops
- medicines used to treat high blood pressure or angina
- medicines used to treat heart problems
- insulin and tablets used to treat diabetes
- medicines used to treat bacterial infections (e.g. rifampicin, quinidine)
- anti-ulcer drugs (e.g. cimetidine)
- anti-inflammatory drugs
- medicines used to treat depression

- warfarin
- monoamine-oxidase inhibitors (MAOIs).

Your doctor can tell you what to do if you are taking any of these medicines.

**If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.**

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

#### How to take METROL -XL

##### *How much to take*

The dose varies from patient to patient.

The usual starting dose is half a 23.75 mg or a whole 23.75 mg tablet once a day for one to two weeks. The dose is then usually doubled every second week up to a maximum dose of 190 mg once daily or to the highest tolerated dose.

Your doctor will tell you how many tablets you need to take each day and when to take them. This depends on your condition and whether or not you are taking any other medicines. Your doctor may adjust the dose of other medicines you are taking to obtain the best results for you.

**Follow all directions given to you by your doctor and pharmacist carefully.**

**DO NOT STOP TAKING METROL -XL SUDDENLY, WITHOUT BEING TOLD BY YOUR DOCTOR.**

Stopping METROL -XL suddenly may cause your symptoms to worsen. The dose needs to be reduced slowly over at least 14 days. Your doctor will tell you how to do this.

##### *How to take METROL -XL*

**Swallow the tablets with a glass of water.**

**Do not crush or chew the tablets.**

If you crush or chew METROL -XL tablets, they will not work as well.

METROL -XL tablets can be broken in half if your doctor has prescribed half a tablet.

*If you forget to take METROL -XL*

**If you miss a dose of METROL -XL and your next dose is more than 12 hours away, take the missed dose right away.**

**If your next dose is less than 12 hours away take only half the dose.**

**Take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

**If you are not sure what to do, ask your doctor or pharmacist.**

##### *How long to take METROL -XL for*

To properly control your condition, METROL -XL must be taken every day.

**Keep taking METROL -XL for as long as your doctor recommends.**

*If you take too much METROL - XL (overdose)*

**Immediately telephone your doctor, or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much METROL -XL. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much METROL -XL, your blood pressure may drop too far. You will feel faint or may faint, and your heart rate will also slow down. You may also have nausea, vomiting and shortness of breath. In extreme cases, serious heart and lung problems may occur.

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### While you are taking METROL -XL

#### *Things you must do*

**Visit your doctor regularly and keep all of your appointments so that your doctor can check on your progress.**

**Before starting any new medicine, tell your doctor or pharmacist that you are taking METROL -XL.**

**Tell all the doctors, dentists and pharmacists who are treating you that you are taking METROL -XL.**

**If you become pregnant while taking METROL -XL, tell your doctor.**

**If you plan to have surgery, including dental surgery, tell your doctor or dentist that you are taking METROL -XL.**

Your blood pressure may drop suddenly if METROL - XL interacts with the anaesthetic.

**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 METROL -XL 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 METROL - XL. This is because your blood pressure has fallen suddenly.**

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 feel a worsening of your condition in the early stages of taking METROL - XL**

Some people may experience an apparent worsening of their condition in the early stages of treatment with METROL -XL. It is important to tell your doctor if this happens to you, although it is usually temporary. If your condition continues to worsen, you should see your doctor as soon as possible.

**Make sure you drink enough water during exercise and hot weather when you are taking METROL -XL, especially if you sweat a lot.**

If you do not drink enough water while taking METROL -XL, you may feel faint or light-headed or sick. This is because your blood pressure is dropping too much. If you continue to feel unwell, 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.**

METROL -XL may change how well your diabetes is controlled. It may also cover up some of the symptoms of low blood sugar (hypoglycaemia). METROL -XL may increase the time your body takes to recover from low blood sugar. Your doses of diabetic medicines, including insulin, may need to change.

**If you have to have any medical tests while you are taking METROL -XL, tell your doctor.**

METROL -XL may affect the results of some tests.

#### *Things you must not do*

**Do not stop taking METROL - XL, without checking with your doctor.**

Your doctor may want you to gradually reduce the amount of METROL -XL you are taking before stopping completely. This will help reduce the possibility of your condition worsening or other heart complications occurring.

**Do not use METROL -XL to treat any other conditions unless your doctor tells you to.**

**Do not give METROL -XL to anyone else, even if they have the same condition as you.**

#### *Things to be careful of*

**Be careful driving or operating machinery until you know how METROL -XL affects you.**

METROL -XL may cause drowsiness, dizziness or lightheadedness in some people. If any of these occur, do not drive, operate machinery or do anything else that could be dangerous.

**Be careful when drinking alcohol while taking METROL - XL.**

If you feel dizzy or lightheaded when you take METROL -XL, drinking alcohol may make you feel more dizzy or lightheaded.

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

METROL -XL, like other beta-blocker medicines, tend to decrease blood circulation in the skin, fingers and toes. It may make you more sensitive to cold weather, especially if you have circulation problems.

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### Side effects

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking METROL -XL.**

Like all other medicines, METROL - XL may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

If you are over 65 years of age, you may have an increased chance of getting side effects.<sup>9</sup>

**Do not be alarmed by this list of possible 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:**

- headache, tiredness, drowsiness, weakness, or lack of energy
- aches and pains, painful joints

- nausea (feeling sick), vomiting
- stomach upset, diarrhoea or constipation, weight gain
- dry mouth, changes in taste sensation
- difficulty sleeping, nightmares
- mood changes
- confusion, short-term memory loss, inability to concentrate
- increased sweating, runny or blocked nose
- hair loss.

These side effects are usually mild.

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

- dizziness, light headedness or fainting especially on standing up
- tingling or "pins and needles"
- skin rash or worsening of psoriasis
- sunburn happening more quickly than usual
- abnormal thinking or hallucinations
- buzzing or ringing in the ears, deafness
- irritated eyes or blurred vision
- sexual problems.

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

**Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:**

- shortness of breath, being less able to exercise
- swelling of the ankles, feet or legs
- chest tightness, wheezing, noisy breathing
- chest pain, changes in heart rate or palpitations
- swelling of the face, lips, tongue or throat which may cause difficulty in swallowing or breathing, which may be signs of a serious allergic reaction
- yellowing of the skin or eyes (jaundice), generally feeling unwell
- constant "flu-like" symptoms with tiredness or lack of energy.

These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are rare.

**Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything that is making you feel unwell.**

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### Storage using METROL -XL

#### *Storage*

**Keep METROL -XL where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Keep your tablets in a cool dry place where the temperature stays below 25°C.**

**Keep your tablets in the blister pack until it is time to use them**

**Do not store METROL -XL or any other medicine in the bathroom or near a sink.**

**Do not leave METROL -XL in the car or on window sills.**

Heat and dampness can destroy some medicines.

## *Disposal*

**If your doctor tells you to stop taking METROL -XL, or your tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.**

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## Product description

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### *What it looks like*

METROL -XL comes in 4 strengths of tablets:

- METROL -XL 23.75 – white, oval tablet, scored on both sides
- METROL -XL 47.5 – white, oval tablet, scored on both sides, marked ‘A’ on one side.
- METROL -XL 95 – white, oval tablet, scored on both sides, marked ‘B’ on one side.
- METROL -XL 190 – white, oval tablet, scored on both sides, marked ‘C’ on one side.

METROL – XL 23.75 packs contain 15 tablets. Packs of the other strengths contain 30 tablets.

### *Ingredients*

The active ingredient in METROL - XL is metoprolol succinate.

- each METROL -XL 23.75 tablet contains 23.75 mg of metoprolol succinate
- each METROL -XL 47.5 tablet contains 47.5 mg of metoprolol succinate
- each METROL -XL 95 tablet contains 95 mg of metoprolol succinate
- each METROL -XL 190 tablet contains 190 mg of metoprolol succinate.

The tablets also contain:

- microcrystalline cellulose
- methylcellulose
- glycerol
- maize starch
- ethylcellulose
- magnesium stearate
- hypromellose
- stearic acid
- titanium dioxide.

The tablets do not contain gluten, lactose, sucrose, tartrazine or any other azo dyes.

### *Supplier*

Arrow Pharma Pty Ltd  
15-17 Chapel Street  
Cremorne VIC 3121  
Australia

Australian registration numbers:

METROL -XL 23.75 - AUST R 172299

METROL -XL 47.5 - AUST R 172300

METROL -XL 95 - AUST R 172306

METROL -XL 190 - AUST R 172304

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