1. WHAT PROPRANOLOL IS FOR

Do not take Propranolol and tell your doctor if you:
- have had an abnormal heart rhythm (e.g. atrial fibrillation or flutter)
- have high blood pressure caused by a tumour on the adrenal gland (pheochromocytoma)
- have had a heart attack (myocardial infarction)
- have had or sometimes get low blood sugar (‘hypoglycaemia’)
- are going to have an operation or an anaesthetic
- have or have had heart problems (including heart failure, first degree heart block, heart attack, unexplained heart beats, or angina)
- or, as your doctor may do some tests on your heart before giving you this medicine
- suffer from blood circulation problems (such as Raynaud’s disease)
- have a skin condition called porphyria
- have a history of allergic reactions or near-allergic (anaphylactic) reactions
- have a history of thyroid problems, (such as hyperthyroidism or hypothyroidism) or a history of heart disease
- have diabetes, as symptoms of low blood sugar levels (hypoglycaemia) may be hidden by this medicine
- have or have taken tobacco-containing products
- if you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Propranolol.

Other medicines and Propranolol

Tell your doctor or pharmacist if you are taking, have recently taken, or are about to take any of the following medicines without a prescription. This is because Propranolol can affect the way some medicines work. In particular, tell your doctor or pharmacist if you are taking any of the following medicines:
- medicines to treat irregular or uneven heart beat, such as amiodarone, flecainide, lidocaine and propafenone
- medicines to treat high blood pressure or chest pain, such as diuretics, nifedipine, verapamil and nitrates such as glyceryl trinitrate
- medicines to treat high blood sugar, such as captopril and enalapril (ACE inhibitors), losartan and prazosin (angiotensin receptor blockers), candesartan and isradipine, disglycerides, guanethidine, methyldopa, miniblockers, mouxidopa, sodium nitroprusside
- medicines to increase urine production, (diuretics), such as amiloride, furosemide, hydrochlorothiazide
- medicines to treat heart failure
- medicines to treat high blood pressure or migraine. Do not stop taking tolidotol unless your doctor tells you to do so. If you are taking tolidotol, you will need to talk to your doctor how to do this.
- medicines in the group of the heart, such as amlodipine, nisoldipine or diltiazem
- medicines to treat diabetes, such as glipizide, metformin or insulin
- medicines for pain and swelling, such as ibuprofen or diclofenac
- medicines to treat anxiety, depression or mental health problems, such as desipramine, temaperone, fluoxetine, imipramine, paroxetine, venlafaxine, citalopram, mirtazapine and fluoxetine
- medicines to treat Parkinson’s disease
- carbonated drinks, used for too much stomach acid
- ranitidine, used for heartburn
- erythromycin, used for asthma
- ergotamine or rizatriptan, used to treat migraines

AVOID ALCOHOL whilst taking Propranolol. This is because alcohol can change the way Propranolol works.

Pregnancy and breastfeeding

The effect of propranolol is pregnancy is not known but some beta-blockers can affect the growth of the unborn baby (fetal and neonatal). Propranolol may affect the baby after it is born if you are breast feeding. This is because the blood that flows in the mother’s body from the baby (placenta) can pass into the baby’s body through the placenta. If you are planning to have a baby, think you may be pregnant, or are pregnant whilst taking this medicine, or your doctor or pharmacist for advice before taking this or any medicine.

Driving and using machines

Proparranol may cause visual disturbances, hallucinations, fatigue, confusion, dizziness or flushing. Do not drive or use any tools or machines and tell your doctor

Propranolol contains lactose

If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this medicine.

3. HOW TO TAKE PROPRANOLOL

Always take Propranolol Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. Take this medicine with mouth with water, preferably before meals.

Do not stop taking this medicine unless your doctor tells you to stop.

The recommended doses are:

- Adults and children over 12 years of age: Initially, 40 mg twice daily, increasing to 80-160 mg twice daily for migraine and tremors and 120-240 mg daily for angina.

- Elderly: Initially 40 mg twice daily, increasing to 80-160 mg twice daily.

- Children under 12 years of age:
  - Initially 80 mg twice daily, increasing to 160-320 mg daily.
  - Initially 40 mg twice daily, increasing to 80-160 mg twice daily or, if necessary, a maximum of 105 mg daily.

- Children with liver problems:
  - Initially 40 mg twice daily, increasing to 80-160 mg twice daily or, if necessary, a maximum of 105 mg daily.

Side effects of an unusual frequency

If you have any further questions, ask your doctor or pharmacist before taking Propranolol.

If you get any side effects, talk to your doctor or pharmacist. This may include symptoms of excessive thyroid hormone levels (hyperthyroidism) masked by propranolol, wheezing or breathlessness on exertion, confusion, hallucinations, body pains, insomnia.

If you forget to take Propranolol

Take it as soon as you remember. However, if it is nearly time for your next dose, do not skip the missed dose and take your next scheduled dose at the correct time. Do not take more than two doses at the same time to make up for a forgotten dose.

If you suddenly stop taking Propranolol

Keep taking this medicine until you are told by your doctor to stop. You may have to stop taking this medicine gradually. Your doctor will tell you how to do this.

If you suddenly stop taking propranolol

Take it as soon as you remember. However, if it is nearly time for the next dose, do not take the missed dose and take your next scheduled dose at the correct time. Do not take more than two doses at the same time to make up for a forgotten dose.

If you get any of the following side effects, see your doctor or go to the nearest hospital casualty department straight away. Take the propranolol pack with you so the doctor can see it.

- any signs of excessive thyroid hormone levels (hyperthyroidism) masked by propranolol
- wheezing or breathlessness on exertion
- confusion, hallucinations, body pains, insomnia

Propranolol tablets contain the active substance (the ingredient that makes the tablets work) is propranolol hydrochloride. Each tablet contains either 10 mg, 40 mg or 80 mg of the active substance.

The active substances and some of the other ingredients are:
- Propranolol hydrochloride, amiloride, aspirin, barbituric acid, benzodiazepines, cholesterol, corticosteroids, digoxin, ergotamine, isoniazid, levodopa, levodopa to treat Parkinson’s disease, phenobarbital, phenoxybenzamine, phenylpropanolamine, phenytoin, progesterone, quinine, ranitidine, salicylic acid, sodium nitroprusside, sodium bicarbonate, sodium thiosulphate, thiazide diuretics, thioridazine, theophylline, tyramine, vitamin E, warfarin, and warfarin sodium.

The tablets are pink, round film-coated tablets, engraved MP64 on one side and MP66 on the other.

The 10 mg tablets are pink, round film-coated tablets, engraved with the letters “P” on one side and the number “10” on the other.

The 40 mg tablets are pink, round film-coated tablets, engraved with the letters “P” on one side and the number “40” on the other.

The 80 mg tablets are pink, round film-coated tablets, engraved with the letters “P” on one side and the number “80” on the other.

The tablets are pink, round film-coated tablets, engraved with the letters “P” on one side and the number “80” on the other.

Marketing Authorisation Holder

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For more information about this product, please contact the Marketing Authorisation Holder.

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