

CARDINOL

Propranolol hydrochloride 10 mg, 40 mg & 160 mg Tablets

What is in this leaflet

This leaflet answers some common questions about CARDINOL. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of using CARDINOL against the benefits they expect it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet. You may want to read it again.

What CARDINOL is used for and how it works

Your CARDINOL tablets contain the active ingredient propranolol hydrochloride.

CARDINOL belongs to a group of medicines called beta-blockers. It works by changing the body's response to some nerve impulses, especially in the heart.

CARDINOL is used to:

- lower high blood pressure, also called hypertension
- help in the prevention of chest pain (angina)
- long-term prevention of future heart attacks
- control of most forms of irregular heart beat or rhythm
- prevention of migraine headaches
- treat certain tremor conditions
- treat phaeochromocytoma (a rare tumour of the adrenal gland)
- control an overactive thyroid gland
- certain other heart conditions

Your doctor may, however, prescribe CARDINOL for another reason. Ask your doctor if you have any questions about why CARDINOL has been prescribed for you.

There is no evidence that CARDINOL is addictive.

CARDINOL is available on prescription from your doctor.

Before you take CARDINOL

When you must not take it

Do not take CARDINOL if:

- **You are allergic to propranolol hydrochloride or any other ingredients listed at the end of this leaflet**
- **You have asthma, wheezing or difficulty breathing, or a history of lung problems**
- **You have a severe blood vessel disorder causing poor circulation in the arms and legs**
- **You have certain other heart problems**
- **You have a very slow heart beat, less than 45-50 beats per minute**
- **You have low blood pressure, also called hypotension**
- **You have too much acid in your blood, also called metabolic acidosis**
- **You have a phaeochromocytoma (a rare tumour of the adrenal gland) which is not already being treated with other medicines**

- **You have a certain type of angina called Prinzmetal's angina.**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Before you take it

Tell your doctor:

- If you are pregnant or intend to become pregnant
- If you are breastfeeding or planning to breastfeed
- If you plan to have surgery
- If you suffer from heart problems
- If you have diabetes
- If you have a liver or kidney problem
- If you have an overactive thyroid
- If you have a medical condition affecting your blood vessels.

Taking other medicines

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop, tell your doctor or pharmacist.

Medicines that may interfere with CARDINOL include:

- Insulin and other medications used to treat diabetes
- Other medicines used to treat high blood pressure; angina or an irregular heart beat including calcium channel blockers eg. Disopyramide, digoxin, clonidine, hydralazine, diltiazem, verapamil, and nifedipine
- Lignocaine
- Sympathomimetic agents e.g. adrenalin (used in emergency situations)
- Cimetidine, a medicine commonly used to treat reflux and ulcers
- Medicines used in the treatment and prevention of migraines such as ergotamine and ergotamine type compounds
- Medicines used to treat arthritis, pain or inflammation such as ibuprofen or indomethacin
- Chlorpromazine, a medicine used to treat psychiatric disorders

These medicines may be affected by CARDINOL or may affect how well CARDINOL works. You may need different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking CARDINOL.

How to take CARDINOL properly

How much to take

Your doctor will tell you how much CARDINOL you need to take each day.

It is important that you take CARDINOL as directed by your doctor. Do not take more than the recommended dose.

The usual adult starting dose of CARDINOL for high blood pressure is 80mg twice daily and may be increased at weekly intervals according to response. The usual dose range is 160mg to 320mg per day.

For chest pain (angina), anxiety, migraine and shakiness (tremor), a starting dose of 40mg two or three times daily may be increased by the same amount at weekly intervals according to patient response. An adequate response in anxiety, migraine and shakiness (tremor), is usually seen in the range 80mg to 160mg/day and in chest pain (angina) in the range 120 to 240mg/day.

For the prevention of further heart attacks, treatment will usually begin between 5 and 21 days following the heart attack. The usual initial dose for prevention of further heart attacks is one 40mg tablet, four times a day for around two to three days. After this time, the dose may be given as 80mg twice a day.

For other conditions, the dose will vary depending on the condition being treated.

For the elderly and children, the dose will vary depending on the condition and response observed.

How long to take it

To properly control your condition, CARDINOL must be taken everyday.

Continue to take CARDINOL for as long as your doctor prescribes. Stopping taking your medicine suddenly may worsen your chest pain (angina) or cause other heart complications to occur. Your doctor may want you to gradually reduce the amount of CARDINOL you are taking before stopping completely.

If you forget a dose

If you forget a dose, just take the next dose when it is due. Do not take more than one dose at a time to make up for missed doses.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

While you are taking CARDINOL

Tell all doctors, dentists and pharmacists who are treating you that you are taking CARDINOL.

Tell your doctor or pharmacist that you are taking CARDINOL before you start any new medicine.

Tell your doctor if you develop a skin rash or hives, or you become pregnant while taking CARDINOL.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking CARDINOL.

If you are going to have any blood tests, tell your doctor that you are taking CARDINOL.

If you are being treated for diabetes, make sure you check your blood sugar level regularly. CARDINOL may affect how well your diabetes is controlled. It may also cover up some of the symptoms of low blood sugar (also called hypoglycaemia) such as a fast heartbeat. CARDINOL may also make an episode of low blood sugar last longer. Your doctor may need to change your dose of diabetic medicines, including insulin.

Do not take CARDINOL to treat any other complaints unless your doctor tells you to.

Do not stop taking CARDINOL or lower the dose without first checking with your doctor.

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

CARDINOL may cause dizziness or tiredness in some people. Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that CARDINOL does not affect your performance.

Side effects

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

All medicines can have some unwanted 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.

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

- Tiredness, dizziness
- Sleep disturbances or nightmares
- Hair loss
- Mood changes or confusion
- Dry eyes
- Feeling sick (nausea), vomiting, diarrhoea, stomach pain

These are the more common side effects of propranolol hydrochloride.

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

- Dry or irritated eyes, blurred vision
- Tingling, numbness and unusual colour changes in the hands or feet when exposed to the cold
- Skin rashes

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

- Swelling of the face, lips, tongue or throat which may cause difficulty in swallowing
- Chest tightness, difficulty breathing, wheezing
- Fast, slow or irregular heart beat
- Bruising or bleeding more easily than usual
- Signs of frequent infection such as fever, chills, sore throat and mouth ulcers
- Shortness of breath (sometimes with tiredness, weakness and reduced ability to exercise), which may occur together with swelling of the feet or legs due to fluid build up.

These are very serious side effects. If you have them, you may have had a serious allergic reaction to CARDINOL. You may need urgent medical attention or hospitalisation. All of these side effects are very rare.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

In case of overdose

You should only take the number of tablets that you have been told.

Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any CARDINOL by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of CARDINOL with you if you can.

Keep telephone numbers for these places handy.

Storage conditions

Do not take this medicine after the expiry date shown on the label or if the packaging shows signs of tampering.

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

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store CARDINOL, or any other medicine, in the bathroom or near a sink.

Disposal

If your doctor tells you to stop taking CARDINOL or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

Product Description

What CARDINOL tablets look like

CARDINOL 10mg tablets are red film coated, round tablets, imprinted "PL 10" with a bisect on one side.

CARDINOL 40mg tablets are red film coated, round tablets, imprinted "PL 40" with a bisect on one side.

CARDINOL 160mg tablets are red film coated, round tablets, imprinted "PL 160" with a bisect on one side.

Each CARDINOL tablet contains the active ingredient, propranolol hydrochloride.

Each CARDINOL 10mg and 40 mg tablet also contains the ingredients maize starch, lactose, povidone, magnesium stearate, talc (40mg only) and the film coat (hypromellose, diethyl phthalate and opaspray red) and carnauba wax.

Each CARDINOL 160mg tablet also contains the ingredients magnesium starch, carmellose sodium, calcium carbonate, sodium starch glycollate, pregelatinised maize starch, gelatin and the film coat (hypromellose, diethyl phthalate and opaspray red) and carnauba wax.

If you want to know more

Should you have any questions regarding this product, please contact your doctor or pharmacist.

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
P O Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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2 February 2009
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