

PACIFIC ATENOLOL

Atenolol 50 mg and 100 mg Tablets

What is in this leaflet

This leaflet answers some common questions about PACIFIC ATENOLOL. 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 you taking PACIFIC ATENOLOL 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 PACIFIC ATENOLOL is used for and how it works

Your PACIFIC ATENOLOL tablets contain the active ingredient atenolol.

PACIFIC ATENOLOL belongs to a group of medicines known as beta-blockers. It works by changing the body's response to some nerve impulses, especially in the heart. PACIFIC ATENOLOL 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, causing blood pressure to fall. It also helps the heart beat more regularly.

PACIFIC ATENOLOL is used to lower high blood pressure (hypertension), prevent angina (chest pain), treat irregular heart beats (cardiac dysrhythmias) or reduce your risk of heart complication following heart attack (myocardial infarction).

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

There is no evidence that PACIFIC ATENOLOL is addictive.

PACIFIC ATENOLOL is available on prescription from your doctor.

Before you take PACIFIC ATENOLOL

When you must not take it

Do not take PACIFIC ATENOLOL if you:

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

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, asthma, 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:

- have allergies to any other medicines, including eye drops, or other beta-blocker medicines
- are pregnant or intend to become pregnant
- are breastfeeding or planning to breastfeed
- plan to have surgery
- suffer from other heart problems
- have diabetes
- have a kidney problem
- have an overactive thyroid
- have phaeochromocytoma (a rare tumour of the adrenal gland) that is being treated
- 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 PACIFIC ATENOLOL include:

- Insulin and other medications used to treat diabetes
- Other medicines used to treat high blood pressure, angina, an irregular heart beat or other heart conditions, including calcium channel blockers eg. disopyramide, lignocaine, amiodarone, digoxin, clonidine, hydralazine, diltiazem, verapamil, and nifedipine
- Medicines commonly used in emergency situations eg. adrenalin and certain anaesthetics
- Medicines used to treat arthritis, pain or inflammation such as ibuprofen or indomethacin.

These medicines may be affected by PACIFIC ATENOLOL or may affect how well PACIFIC ATENOLOL 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 PACIFIC ATENOLOL.

How to take PACIFIC ATENOLOL properly

How much to take

Your doctor will tell you how much PACIFIC ATENOLOL you need to take each day. It is important that you take PACIFIC ATENOLOL as directed by your doctor. Do not take more than the recommended dose.

The usual dose of PACIFIC ATENOLOL is 50 to 100 mg daily as a single dose.

Do not halve the 100 mg tablet. The 50 mg tablet may be halved, if required.

It usually takes 1 to 2 weeks before the full effect of PACIFIC ATENOLOL is noticed.

This may differ depending on your condition and whether you are taking any other medicines. Your doctor will tell you exactly how much you should take.

The elderly may require a lower dose than this, especially in patients with kidney problems.

How long to take it

To properly control your condition, PACIFIC ATENOLOL must be taken every day. Continue taking PACIFIC ATENOLOL for as long as your doctor prescribes.

If you forget a dose

If it is less than six hours from when you missed your dose, take it as soon as you remember, and then go back to taking your tablets at the same time you would normally. If it is more than six hours since your last dose, skip the dose you missed and take your next dose when you would normally. 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.

Taking your medicine at the same time each day will have the best effect. It 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 PACIFIC ATENOLOL

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

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

Tell your doctor immediately if you become pregnant while taking PACIFIC ATENOLOL.

Tell your doctor immediately if you have a severe allergic reaction to foods, medicines or insect stings. If you have a history of allergies there is a chance that PACIFIC ATENOLOL may cause allergic reactions to be worse or harder to treat.

Tell your doctor if you develop a skin rash or hives while taking PACIFIC ATENOLOL.

If you are going to have surgery (even at the dentist), tell the surgeon or anaesthetist that you are taking PACIFIC ATENOLOL.

If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor. PACIFIC ATENOLOL may change how well your diabetes is controlled. It may also cover up some symptoms of low blood sugar, such as a fast heart rate. PACIFIC ATENOLOL may also make low blood sugar last longer. Your dose of diabetic medications, including insulin, may need to be changed.

If you have angina and continue to have attacks or have more of them while you are taking this medicine, tell your doctor. PACIFIC ATENOLOL is used to prevent angina, so your angina attacks should become less severe and occur less often.

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 PACIFIC ATENOLOL. This is because your blood pressure is falling suddenly. **If this problem gets worse or continues, talk to your doctor.**

If you are going to have any medical tests, tell your doctor that you are taking PACIFIC ATENOLOL.

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

Do not stop taking PACIFIC ATENOLOL 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.

PACIFIC ATENOLOL 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 PACIFIC ATENOLOL 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 PACIFIC ATENOLOL.

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, headache
- Sleep problems, nightmares or vivid dreams
- Hair loss
- Runny or blocked nose
- Dry mouth
- Feeling sick (nausea), vomiting, diarrhoea, stomach pain, constipation
- Problems with sexual function.

These side effects are usually mild effects of atenolol.

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

- Dizziness or lightheadedness, especially when getting up quickly
- Dry, red or irritated eyes, blurred vision
- Tingling, numbness and unusual colour changes in the hands or feet when exposed to the cold
- Skin rashes
- Worsening of psoriasis (a skin condition)
- Unsteadiness when walking
- Abnormal thinking, hallucinations (seeing or hearing things that are not there)
- Depression or mood changes, or a worsening of these
- Confusion
- Pins and needles in the hands and feet
- Ringing in the ears

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
- Yellowing of the eyes or skin (jaundice)
- 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 PACIFIC ATENOLOL. 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 PACIFIC ATENOLOL by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of PACIFIC ATENOLOL 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 PACIFIC ATENOLOL 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 PACIFIC ATENOLOL, or any other medicine, in the bathroom or near a sink.

Disposal

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

Product Description

What PACIFIC ATENOLOL tablets look like

PACIFIC ATENOLOL 50 mg tablets are round, orange, film-coated tablets with 'T' over '50' embossed on one side, and a break line on the other side.

PACIFIC ATENOLOL 100 mg tablets are round, orange, film-coated tablets with 'T' over '100' embossed on one side.

Ingredients

Each PACIFIC ATENOLOL tablet contains the active ingredient, atenolol.

Each tablet also contains magnesium carbonate, maize starch, sodium starch glycollate, silicon dioxide, magnesium stearate, sodium laurilsulfate, hypromellose, macrogol, purified talc, sunset yellow lake (E110) and titanium dioxide (E171).

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,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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