

## PINDOL



### *Pindolol 5mg, 10mg & 15mg Tablets*

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## What is in this leaflet

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This leaflet answers some common questions about PINDOL. 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 PINDOL against the benefits expected 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.

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## What PINDOL is used for and how it works

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Your PINDOL tablets contain the active ingredient pindolol. PINDOL belongs to a group of medicines known as beta-blockers.

PINDOL is used to lower high blood pressure, help in the prevention of chest pain, for the treatment of irregular or fast heartbeat, and for the prevention of future heart attacks.

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

There is no evidence that PINDOL is addictive.

PINDOL is available on prescription from your doctor.

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## Before you take PINDOL

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### *When you must not take it*

Do not take PINDOL if you:

- Are allergic to pindolol or any other ingredients listed at the end of this leaflet**
- Have lung problems such as asthma, wheezing or difficulty breathing, or a history of lung problems**
- Have heart failure that is not currently controlled**
- Have a very slow heart beat, less than 45 to 50 beats per minute**
- Have sick sinus syndrome (symptoms include irregular heart beat and often feeling faint)**
- Have an abnormality below the atrioventricular node (infranodal A-V block)**

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:

- Pregnant or plan to become pregnant
- Are breastfeeding or plan to breastfeed
- Have diabetes
- Have a liver or kidney problem

Have a severe blood vessel disorder causing poor circulation in the arms and legs

## ***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 PINODOL include:

- Insulin and other medicines used to treat diabetes.
- Other medication used to treat high blood pressure including calcium channel blockers, etc e.g. verapamil, nifedipine.
- Clonidine
- MOA Inhibitors (used in the treatment of depression)
- Sympathomimetic agents e.g. adrenaline (used to mimic the sympathetic nervous system)
- Cimetidine (used to treat ulcers)
- NSAIDS (used to treat inflammation and pain)
- Phenothiazine's (used to treat mental problems)
- Reserpine

These medicines may be affected by PINDOL or may affect how well PINDOL 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 PINDOL.

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## **How to take PINDOL properly**

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### ***How much to take***

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

The usual dose of PINDOL is between 5 to 30mg per day. This will depend greatly on the condition that is being treated and also how severe your condition is.

### ***How long to take it***

PINDOL helps to control your condition but does not cure it. Therefore PINDOL must be taken everyday. Continue taking PINDOL for as long as your doctor tells you to.

### ***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.

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## **While you are taking PINDOL**

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

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

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

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

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

If you are being treated for diabetes, make sure you check your blood sugar regularly and report any problems to your doctor.  
PINDOL may change how well your diabetes is controlled. It may also prevent some of the warning signs of low blood sugar, such as a fast heart beat, and may make low blood sugar last longer. The dose of your diabetes medication may need to be adjusted.

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

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

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

**PINDOL 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 PINDOL does not affect your performance.**

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## Side effects

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

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 or muscle cramps
- Shaking or tremors
- Nausea, vomiting, diarrhoea
- Headaches
- Sleep disturbances
- Skin reactions

These are the more common side effects of PINDOL.

**Tell your doctor as soon as possible if you notice any of the following:**

- Depression
- Hallucinations
- Wheezing, coughing, difficulty in breathing

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

- Swelling of the face, lips mouth or throat, which may cause difficulty in breathing or swallowing.

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.

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## **In case of overdose**

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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 PINDOL by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of PINDOL with you if you can.

Keep telephone numbers for these places handy.

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## **Storage conditions**

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

Keep your PINDOL 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 PINDOL, or any other medicine, in the bathroom or near a sink.

## ***Disposal***

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

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## **Product Description**

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### ***What PINDOL tablets look like***

PINDOL 5mg tablets are round, white tablets that are marked with "P/5" on one side and plain on the other.

PINDOL 10mg tablets are round, white tablets that are marked with "P/10" on one side and plain on the other.

PINDOL 15mg tablets are round, white tablets that are marked with "P/15" on one side and plain on the other.

Each PINDOL tablet contains the active ingredient, PINDOL.

Each PINDOL tablet also contains the ingredients microcrystalline cellulose, pregelatinised maize starch, colloidal silicon dioxide and magnesium stearate.

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## **If you want to know more**

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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

***Date of information***

2 February 2009  
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