

## CARDINOL LA

*Propranolol hydrochloride, modified release capsules 160mg*



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### What is in this leaflet

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This leaflet answers some common questions about CARDINOL LA.

It does not contain all the available information. 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 using this medicine against the benefits they expect it will have for you.

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

**Keep this leaflet with the medicine.** You may need to read it again.

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### What CARDINOL LA is used for

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CARDINOL LA capsules contain the active ingredient propranolol hydrochloride, which belongs to a group of medicines called beta-blockers. These medicines work by changing the body's response to some nerve impulses, especially in the heart.

CARDINOL LA is used to lower blood pressure, help in the prevention of chest pain (angina) and for the long-term prevention of future heart attacks.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

Your doctor may have prescribe it for another reason.

There is no evidence that CARDINOL LA is addictive.

This medicine is available only with a doctor's prescription.

CARDINOL LA is not recommended for use in children.

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### Before you take CARDINOL LA

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

**Do not take CARDINOL LA if you have an allergy to:**

- propranolol
- any of the ingredients listed at the end of this leaflet
- any other similar medicines such as beta-blockers

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.

**Do not take CARDINOL LA if you have:**

- asthma or severe breathing problems
- heart problems such as, heart failure, low blood pressure, problems with your circulation, Prinzmetal's angina or a slow heart beat
- low blood sugar levels

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

### ***Before you take it***

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- asthma or serious breathing problems
- heart problems
- low blood pressure
- problems with your circulation
- diabetes or low blood sugar
- an overactive thyroid gland
- liver problems
- kidney problems

**Tell your doctor if you are fasting or have been fasting recently.**

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

**Tell your doctor if you are pregnant or plan to become pregnant or are breast-feeding.** Your doctor can discuss with you the risks and benefits involved.

**If you have not told your doctor about any of the above, tell him/her before you start taking CARDINOL LA.**

### ***Taking other medicines***

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

Medicines that may interfere with CARDINOL LA include:

- insulin and other medications used to treat diabetes
- medicines used in the treatment and prevention of migraines such as ergotamine and ergotamine type compounds, or rizatriptan

- medicines used to treat angina or an irregular heartbeat, e.g. disopyramide, amiodarone, nifedipine, clonidine, quinidine, propafenone
- calcium channel blockers e.g. verapamil, diltiazem, medicines used to treat high blood pressure
- digoxin, a medicine used to treat heart failure
- lidocaine, a local anaesthetic
- sympathomimetic agents e.g. adrenalin (used in emergency situations)
- hydralazine, a medicine used to relax and widen blood vessels
- cimetidine, a medicine commonly used to treat reflux and ulcers
- medicines used to treat pain or inflammation such as ibuprofen or indometacin
- chlorpromazine and thioridazine, medicines used to treat psychiatric disorders
- warfarin, a medicine used to prevent blood clots
- theophylline, a medicine used to treat asthma
- rifampicin, an antibiotic

These medicines may be affected by CARDINOL LA or may affect how well CARDINOL LA 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 LA.

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## How to take CARDINOL LA

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

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the bottle, ask your doctor or pharmacist for help.**

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

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

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

The usual starting dose of CARDINOL LA for high blood pressure and chest pain is one capsule daily, taken either in the morning or evening.

For the prevention of further heart attacks the treatment will usually begin between 5 and 21 days following the heart attack. The usual dose for prevention of further heart attacks is usually one 40mg tablet, four times a day for around two to three days. This dose may be given as one capsule of CARDINOL LA daily.

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

**Swallow the capsule whole with a full glass of water.**

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

**Continue taking your medicine for as long as your doctor tells you.**

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

If you stop taking your medicine suddenly, it 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 LA 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.

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## While you are taking CARDINOL LA

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### ***Things you must do***

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

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

**If you become pregnant while taking CARDINOL LA, tell your doctor immediately.**

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

It may affect other medicines used during surgery.

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

It may interfere with the results of some tests.

If you are being treated for diabetes, make sure you check your blood sugar level regularly. CARDINOL LA 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 LA may also make an episode of low blood sugar last longer. Your doctor may need to adjust the dose of your insulin or diabetic medicines.

### ***Things you must not do***

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

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

**Do not stop taking your medicine or lower the dose without checking with your doctor.**

## Things to be careful of

### Be careful driving or operating machinery until you know how CARDINOL LA affects you.

This medicine may cause dizziness or tiredness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

### Be careful when drinking alcohol while you are taking this medicine.

If you drink alcohol, dizziness or light-headedness may be worse.

### If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

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 continues or gets worse, talk to your doctor.

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## In case of overdose

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### If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much CARDINOL LA. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of an overdose may include fatigue, dizziness, weakness, fainting, irregular heartbeat and difficulty breathing.

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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 CARDINOL LA.

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.

**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 or pharmacist if you notice any of the following and they worry you:**

- tiredness
- dizziness, lightheadedness or fainting, especially when you get up quickly
- sleep disturbances or nightmares
- hair loss
- mood changes or confusion
- dry eyes
- feeling sick (nausea), vomiting, diarrhoea, stomach pain
- cold fingers and toes
- numbness and spasm in the fingers which is followed by warmth and pain (Raynaud's phenomenon)

These are the mild side effects of propranolol hydrochloride.

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

- irritated eyes, blurred vision
- skin rashes
- signs of low blood sugar (hypoglycaemia) such as sweating, weakness, hunger, dizziness, trembling, headache, flushing or paleness, numbness
- seizure linked to low blood sugar
- hallucinations
- changes to mood
- confusion
- memory loss

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:**

- 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 LA. You may need urgent medical attention or hospitalisation. All of these side effects are very rare.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

Some of these side effects, for example, changes to platelets or antibodies in the blood, can only be found when your doctor does tests from time to time to check your progress.

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## After taking CARDINOL LA

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### Storage

**Keep your capsules in the bottle until it is time to take them.**

If you take the capsules out of the bottle they may not keep well.

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

Do not store CARDINOL LA or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

**Keep it 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.

## **Disposal**

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

18 July 2022  
(Based on datasheet dated 18 July 2022)

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## **Product Description**

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### ***What CARDINOL LA capsules look like***

CARDINOL LA 160mg capsules are half clear and half green coloured capsules containing cream and white coloured pellets.

### ***Ingredients***

#### Active ingredient:

CARDINOL LA contains 160 mg of propranolol hydrochloride as the active ingredient.

#### Inactive ingredients:

CARDINOL LA also contains:

- sucrose
- maize starch
- talc
- shellac
- gelatin capsule.

Contains sugars and sulfites.

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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***

CARDINOL LA is supplied in New Zealand by:

Viatris Ltd  
PO Box 11-183  
Ellerslie  
AUCKLAND  
[www.viatris.co.nz](http://www.viatris.co.nz)  
Telephone 0800 168 169

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## **Date of Preparation**

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