

Consumer Medicine Information

Nadolol BNM

nadolol

Tablets 40 mg and 80 mg

What is in this leaflet

Please read this leaflet carefully before you start taking Nadolol BNM.

This leaflet answers some common questions about Nadolol BNM. It does not contain all the available information.

Reading this leaflet 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 Nadolol BNM against the benefits this medicine is expected to 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 want to read it again.

What Nadolol BNM is used for

Nadolol BNM contains the active ingredient nadolol. It belongs to a group of medicines called beta-blockers. It works by relaxing blood vessels and slowing heart rate to improve blood flow or lowering your blood pressure.

Nadolol BNM is used to treat:

- Chest pain (angina)
- High blood pressure (hypertension)
- Irregular heart beat (arrhythmias)
- Migraine headaches
- Overactive thyroid gland

Your doctor may have prescribed this medicine for another reason.

Ask your doctor if you have any questions about why it has been prescribed for you.

Nadolol BNM is only available with a doctor's prescription.

Nadolol BNM is not addictive.



Nadolol BNM should not be administered to children.

Before you take Nadolol BNM

Nadolol BNM is not suitable for everyone.

When you must not take it

Do not take Nadolol BNM if:

- **you are hypersensitive, or allergic to any medicine containing nadolol or any of the ingredients listed at the end of this leaflet.**

Symptoms of an allergic reaction may include: cough, shortness of breath, wheezing, difficulty breathing or tightness in chest; swelling of the face, lips, tongue, throat or other parts of the body; rash, itching or hives on the skin; fainting; or hay fever-like symptoms.

If you think you are having an allergic reaction, do not take any more of the medicine and contact your doctor immediately or go to the Accident and Emergency department at the nearest hospital.

- **you have the following health/medical conditions:**
 - you have or have had asthma, wheezing or other lung diseases
 - heart problems
 - you have a very slow heart beat
- **after the expiry date ('EXP.')** printed on the bottle.
If you take it after the expiry date has passed, it may not work as well, or worse, there may be an entirely unexpected effect.
- **the packaging is torn or shows signs of tampering.**

If you are not sure whether you should start taking Nadolol BNM, talk to your doctor or pharmacist.

Before you start to take it

Tell your doctor if:

- **you have allergies to:**
 - any other medicines
 - any other substances, such as foods, preservatives or dyes.
- **you have or have had any medical conditions, especially the following:**
 - a history of heart problems
 - breathing problems due to long term problems (called bronchitis or emphysema)
 - suffer from hay fever
 - diabetes. Nadolol BNM may cause low blood sugar in some, even in patients who are not diabetic, such as children, elderly and those who are fasting.
 - liver problems



- an overactive thyroid gland
 - kidney problems
 - a history of severe allergies.
- **you are currently pregnant or you plan to become pregnant**
Do not take this medicine while pregnant until you and your doctor have discussed the risks and benefits involved.
 - **you are currently breastfeeding or you plan to breast-feed. Do not take this medicine whilst breastfeeding**
Nadolol can pass into breast milk and may affect your baby. Your doctor will discuss with you the risks and benefits of taking nadolol when breast-feeding.
 - **you are planning to have surgery or an anaesthetic.**
 - **you are currently receiving or are planning to receive dental treatment.**

If you have not told your doctor about any of the above, tell them before you start taking Nadolol BNM.

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.

Tell any healthcare professional who is prescribing a new medicine for you that you are taking Nadolol BNM.

Some medicines and Nadolol BNM may interfere with each other. These include:

- medicines for chest pain (angina) – such as verapamil and diltiazem
- general anesthetics
- medicines that reduce catecholamine in the body – such as reserpine
- the medicine used to treat/regulate heart beat – digoxin
- other medicines used to treat/regulate heart beat – such as lignocaine, phenytoin, procainamide, disopyramide or quinidine
- medicines used to raise blood pressure – such as adrenaline and noradrenaline
- anti-diabetic drugs - such as insulin or tablets like metformin or gliclazide
- anti-muscarinic agents (medicines which relax smooth muscle in the body)
- medicines for depression (monoamine oxidase inhibitors)
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) such as indomethacin
- medicines used to treat high blood pressure such as phenothiazines or haloperidol
- medicines used to narrow blood vessels such as ergot alkaloids which are used to treat migraines.

The above medicines may be affected by Nadolol BNM, or may affect how well it works. You may need different amounts of Nadolol BNM, or take it at different times, or you may need to take different medicines.

Other medicines not listed above may also interact with Nadolol BNM.



Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking Nadolol BNM.

How to take Nadolol BNM

Read the label carefully and follow all directions given to you by your doctor and pharmacist. They may differ from the information contained in this leaflet.

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

How much to take

Your doctor will tell you how much Nadolol BNM you should take. This will depend on your condition, your response to the medicine and whether you are taking any other medicines.

Elderly patients and patients with kidney problems

Your doctor may decide to lower your dose of Nadolol BNM if necessary.

Children

Nadolol BNM should not be given to children.

Ask your doctor or pharmacist if you are unsure of the correct dose for you. They will tell you exactly how much to take.

Do not stop taking your medicine or change your dosage without first checking with your doctor.

How to take it

Take this medicine orally. Take with or without food once daily and swallow the tablet(s) with a full glass of water.

When to take it

Take this medicine at the same time each day. Taking it at the same time each day will have the best effect. It will also help you to remember when to take it.

How long to take it

Continue taking the medicine for as long as your doctor tells you to.

If you stop treatment suddenly your illness may get worse.

When your doctor tells you that you can stop taking Nadolol BNM, you need to do this gradually. Your doctor will help you do this.



If you forget to take it

If it is almost time to take your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take it as soon as you remember and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for missed doses.
This may increase the chance of you experiencing side effects.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints to help you remember.

While you are taking Nadolol BNM

Things you must do

Immediately stop taking Nadolol BNM and check with your doctor if a skin rash or other allergic reaction occurs.

If you are about to be started on any new medicine tell your doctor and pharmacist that you are taking Nadolol BNM. Likewise, tell any other doctors, dentists and pharmacists who are treating you that you are taking this medicine.

Take your medicine exactly as your doctor has prescribed.

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

See your doctor if you feel that your condition is not improving or is getting worse.

Tell your doctor (immediately) if you become pregnant while you are taking it.

Tell your doctor if you are breastfeeding or are planning to breastfeed while you are taking it.

Visit your doctor regularly. Your doctor needs to check your progress and see whether you need to keep taking Nadolol BNM.

Always discuss with your doctor any problems or difficulties during or after taking Nadolol BNM.

Tell your doctor if for any reason, you have not taken your medicine exactly as prescribed. Otherwise your doctor may think that it was not effective and change your treatment unnecessarily.

Keep enough Nadolol BNM to last weekends and holidays.



Things you must not do

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

Do not take your medicine to treat any other condition unless your doctor tells you to.

Do not stop taking your medicine, or change the dosage, without first checking with your doctor.

Do not take any other medicine while you are taking Nadolol BNM without first telling your doctor.

Do not take Nadolol BNM for a longer time than your doctor has prescribed.

Things to be careful of

Do not drive, operate machinery, or participate in any dangerous activities where alertness is required, until you know how Nadolol BNM affects you.

Nadolol BNM is likely to produce minor or moderate adverse effects on the ability to drive or use machinery. Especially when therapy is being initiated, your ability to drive or operate machinery may be impaired. Care should be taken until you know how it affects you.

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

Make sure you drink enough water during exercise and hot weather, especially if you sweat a lot.

If you do not drink enough water while taking Nadolol BNM, you may faint or feel light-headed or sick. This is because your body doesn't have enough fluid and your blood pressure is low.

If you continue to feel unwell, tell your doctor.

Things that may help your condition

Some self help measures suggested below may help lower your blood pressure.

Talk to your doctor or pharmacist about them:

- **Alcohol**
Your doctor may advise you to limit your alcohol intake.
- **Diet**
Eat a healthy diet which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also eat less fat and sugar.
- **Exercise**
Regular exercise helps reduce blood pressure and helps the heart get fitter, but it is important not to overdo it. Walking is good exercise, but try to find a route that is fairly flat. Before starting any exercise, ask your doctor about the best kind of programme for you.



- **Salt**
Your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake you should avoid using salt in cooking or at the table.
- **Smoking**
Your doctor may advise you to stop smoking or at least cut down.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor, or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Nadolol BNM.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Signs and symptoms of an overdose may include:

Cardiac disorders: slowing of heart beat, heart failure, breathing difficulties, low blood pressure, low blood sugar level.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Nadolol BNM or if you have any questions or concerns.

Like all medicines, Nadolol BNM may occasionally cause side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Nadolol is generally well tolerated.


Ask your doctor or pharmacist to answer any questions you may have.

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

These may be serious side effects. You may need medical attention.

- pain in your chest and feeling weak or dizzy. These could be signs of heart problems
- slow heart rate
- feeling dizzy or weak. These could be signs of low blood pressure
- swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing. These could be signs of serious allergic reaction.

If you or someone you know or care for experience any of these side effects, stop taking nadolol and contact your doctor immediately or go to the Accident and Emergency department at your nearest hospital.



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

This list includes the most common side effects. Mostly, these are mild and transient:

- stomach pain, wind (flatulence), constipation, diarrhea, indigestion and loss of appetite
- changes in behaviour
- slurred speech
- cough and blocked nose
- ringing in the ears
- headache
- feeling or being sick
- breathing difficulties such as asthma
- dry mouth, eyes or skin
- weight gain
- sweating
- difficulty in getting or maintaining an erection or in ejaculating (impotence)
- lack of interest in sexual activities (libido)
- feeling nervous, anxious, shaky or sweaty
- inflammation, irritation or swelling caused by blood flow to the stomach
- difficulty sleeping (insomnia)
- seeing or hearing things that are not there (hallucinations), confusion, blurred vision
- depression and short term memory loss
- high temperature and sore throat
- a cold or numb feeling in your fingers or toes
- unusual skin sensation such as numbness, tingling, picking, burning or creeping on the skin
- hair loss
- skin rashes or feeling weak due to changes in your blood cell count which show up on blood test results

Other side effects not listed above may also occur in some patients. **Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.**

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

After taking Nadolol BNM

Storage

Keep your medicine in its original packaging until it is time to take it. If you take your medicine out of its original packaging it may not keep well.

Keep Nadolol BNM in a cool dry place where the temperature stays below 25°C.

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



Keep it and any other medicine 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.

Do not keep Nadolol BNM past its expiry date.

Disposal

If your doctor tells you to stop taking this medicine or it has passed its expiry date, your pharmacist can dispose of the remaining medicine safely.

No special requirements for disposal.

Product description

What it looks like

Nadolol BNM is presented in bottles of 100 tablets.

Nadolol BNM is available in two strengths – 40 mg and 80 mg.

The 40 mg tablet is white to off white, round biconvex, with “MN” marking above the break line and “40” below the break line on one side, and plain on the other side.

The 80 mg tablet is white to off white, round biconvex tablets, with “MN” marking above the break line and “80” below the break line on one side, and plain on the other side.

Ingredients

Active ingredient:

- nadolol

Each tablet contains 40 mg or 80 mg of nadolol as the active ingredient.

Inactive ingredients:

- colloidal silicon dioxide
- croscarmellose sodium
- lactose
- magnesium stearate
- microcrystalline cellulose

Nadolol BNM contains lactose.

It does **not** contain gluten, sucrose, tartrazine or any other azo dyes.



Sponsor details

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