

Apo-Pindolol

pindolol

5mg, 10mg and 15mg Tablets

What is in this leaflet

Please read this leaflet carefully before you start using Apo-Pindolol.

This leaflet answers some common questions about Apo-Pindolol. 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 Apo-Pindolol 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 with the medicine. You may need to read it again.

What Apo-Pindolol is used for

The name of your medicine is Apo-Pindolol tablet. It contains the active ingredient Pindolol.

Apo-Pindolol is used for:

- arterial hypertension
- prophylaxis of angina pectoris
- cardiac arrhythmias (sinus and atrial tachycardia, paroxysmal tachycardia, tachycardia in patients with atrial flutter or fibrillation, supraventricular extrasystoles)
- hyperkinetic heart syndrome

Your doctor may have prescribed Apo-Pindolol for another reason.

Ask your doctor if you have any questions about why Apo-Pindolol has been prescribed for you.

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

There is no evidence that this medicine is addictive.

Apo-Pindolol should not be administered to children.

Before you use Apo-Pindolol

When you must not use it

Do not use Apo-Pindolol if:

- **You are hypersensitive to, or have had an allergic reaction to pindolol 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:**
 - Sick sinus syndrome
 - Second or third degree A-V block
 - Uncontrolled cardiac failure
 - Cardiogenic shock
 - Cor pulmonale
 - Heart block
 - Bronchial asthma
- **You have had anaesthesia with agents that produce myocardial depression e.g. ether**
- **The expiry date (EXP) printed on the pack has passed.**

If you take it after the expiry date has passed, it may have no effect at all, or worse, there may be an entirely unexpected effect.

- **The packaging is torn, shows signs of tampering or it does not look quite right.**

If you are not sure whether you should start using Apo-Pindolol, talk to your doctor.

Before you start to use it

Tell your doctor if:

1. **You have allergies to:**
 - any other medicines
 - any other substances, such as foods, preservatives or dyes.

2. You have or have had any medical conditions, especially the following:

- a history of cardiac failure
- thyrotoxicosis
- diabetes
- a history of bronchial asthma
- impaired renal function
- excessive bradychardia

3. You are currently pregnant or you plan to become pregnant.

Do not take this medicine whilst pregnant until you and your doctor have discussed the risks and benefits involved.

4. You are currently breastfeeding or you plan to breast-feed. Do not take this medicine whilst breastfeeding.

Pindolol can pass into breast milk and may affect your baby. Your doctor will discuss with you the risks and benefits of taking pindolol when breast-feeding.

5. You are planning to have surgery or an anaesthetic.

6. 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 using Apo-Pindolol.

Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop. You should also tell any health professional who is prescribing a new medication for you that you are taking Apo-Pindolol.

Some medicines may interfere with Apo-Pindolol. These include:

- anti-arrhythmic medicines (e.g. lignocaine, disopyramide, quinidine, phenytoin and procainamide)
- anti-diabetics
- anti-hypertensive medicines (e.g. verapamil and diltiazem)
- cimetidine
- clonidine
- mao inhibitors
- non-steroidal anti-inflammatory medicines
- phenothiazines
- reserpine
- sympathomimetics with β -adrenergic stimulant activity and xanthines

These medicines may be affected by Apo-Pindolol, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines.

Other medicines not listed above may also interact with pindolol.

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

How to use Apo-Pindolol

Follow carefully all directions given to you by your doctor. Their instructions may be different to the information in this leaflet.

The label should be carefully read

How much to take

Hypertension:

The usual dose is 15mg per day. Up to 15mg may be given as a single daily dose usually in the morning. Doses above 15mg should be divided into daily doses.

Angina pectoris and cardiac arrhythmias:

10mg to 30mg daily generally divided into two or three single doses.

Hyperkinetic heart syndrome:

7.5mg to 20mg daily.

Patients with kidney or liver impairment may usually be treated with the normal dose. In severe cases a reduction of the daily dose may be necessary.

Your doctor will tell you how much of this medicine you should take. This will depend on your condition and whether you are taking any other medicines.

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

How to take it

Swallow the tablet(s) with a glass of water.

When to take it

Up to 15mg of Pindolol may be given as single dose usually in the morning. Doses above 15mg should be divided into daily doses.

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

Food taken immediately after administration of pindolol does not alter the rate of absorption significantly.

How long to take it

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

Abrupt cessation of Pindolol therapy should be avoided. Although rebound hypersensitivity to beta-adrenoceptor stimulation is less likely to occur than with abrupt withdrawal of β -blockers lacking ISA activity, pindolol should be withdrawn gradually over one to two weeks, if possible.

Your doctor will advise you when you can stop taking Apo-Pindolol completely.

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

While you are using Apo-Pindolol

Things you must do

Immediately stop taking Apo-Pindolol 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 Apo-Pindolol.

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.

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

Visit your doctor regularly. Your doctor needs to check your progress and see whether you need to keep taking Apo-Pindolol.

Always discuss with your doctor any problems or difficulties during or after taking Apo-Pindolol.

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 Apo-Pindolol to last weekends and holidays.

Things you must not do

Do not give Apo-Pindolol 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 Apo-Pindolol without first telling your doctor.

Do not take Apo-Pindolol 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 Apo-Pindolol affects you.

Dizziness or fatigue may occur during initiation of treatment with pindolol, patients driving vehicles or operating machinery should exercise caution until they have determined their reaction to the drug.

Prior to undergoing surgery, pindolol should be withdrawn cautiously with at least 72 hours between the last dose and anaesthesia. In emergency surgery, untoward effects of beta-blockade may be reversed by administration of a beta-agonist such as isoprenaline

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 Apo-Pindolol.

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

If you take too much pindolol, it may cause bradycardia, nausea, vomiting, orthostatic disturbances and collapse.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Apo-Pindolol or if you have any questions or concerns.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the adverse effects.

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

Pindolol is generally well tolerated.

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

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

- dizziness
- sleep disturbances
- headache
- weakness
- fatigue
- nausea
- vomiting

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

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

- tremor and paraesthesia
- diarrhea, abdominal discomfort
- shortness of breath and/or dyspnea
- wheezing and bronchospasm
- hallucinations and depression
- erythematous rashes
- pruritus
- allergic psoriasiform rashes
- muscle cramps
- aching legs
- cold extremities
- keratitis
- conjunctivitis

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

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

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

After using Apo-Pindolol

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 your medicine in a cool dry place where the temperature will stay below 25°C.

Do not store your medicine, 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 this 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.

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.

Any unused medicine or waste material should be disposed of in accordance with local requirements.

Product description

What it looks like

Apo-Pindolol 5mg tablets are white, round, 6.4 mm in diameter, flat faced with bevelled edges, identified APO over P5 on one side.

Apo-Pindolol 10mg tablets are white, round, 7.9 mm in diameter, biconvex, identified APO over P10 on one side.

Apo-Pindolol 15mg tablets are white, round, 8.7 mm in diameter, flat faced with bevelled edges, identified APO over P15 on one side.

Apo-Pindolol 5mg, 10mg and 15mg tablets are available in bottle of 100 tablets.

* Not all strengths, pack types and/or pack sizes may be available.

Ingredients

Active ingredient:

Each tablet contains 5mg, 10mg and 15mg of Pindolol as the active ingredient.

Inactive ingredients:

- Croscarmellose sodium
- Magnesium stearate
- Microcrystalline cellulose
- Lactose monohydrate

This medicine is gluten free.

This medicine contains lactose.

Sponsor Details

Apo-Pindolol is supplied in New Zealand by:

Apotex NZ Ltd
32 Hillside Road
Glenfield
AUCKLAND 0627

Telephone: (09) 444 2073

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Date of Preparation

This leaflet was prepared on 20 March 2017.