

# Brightside Specialty Pharmacy

431 N. Tustin Ave., STE C, Santa Ana, CA 92705

Phone 714-707-5115

Date :8/25/2022

## Patient Education for PROPRANOLOL 10 MG TABLET



May mask signs of hypoglycemia in diabetics Avoid nicotine because of vasoconstriction Physician must know patient's complete medical history Compliance important even during symptom-free periods Many drug-drug interactions possible with this drug May cause dizziness. Use caution operating machinery or driving. Discuss gradual dose reduction with MD before stopping medication Important to monitor pulse and blood pressure. Share with doctor.

May mask signs of low blood sugar in diabetics Do not smoke Tell doctor your complete medical history Take doses regularly, even when feeling well Review all drugs you are taking with your doctor May make you dizzy. Use caution when driving. MD may need to reduce the dose before you stop it. Check pulse and blood pressure. Share with MD.

### .....Education Section.....

#### **IMPORTANT:**

**HOW TO USE THIS INFORMATION:** This is a summary and

does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your health care professional. Always ask your health care professional for complete information about this product and your specific health needs.

PROPRANOLOL - ORAL

(pro-PRAN-oh-lol)

#### **COMMON BRAND NAME(S):**

Inderal

#### **WARNING:**

Do not stop using this drug without first consulting

your doctor. Your condition may become worse when the drug is suddenly stopped, especially if you have chest pain (angina) or heart disease (such as coronary artery disease, ischemic heart disease, high blood pressure). If your doctor decides you should no longer use this drug, you must gradually decrease your dose according to your doctor's instructions.

When gradually stopping this medication, it is recommended that you temporarily limit physical activity to decrease strain on the heart. Seek immediate medical attention if you develop: worsening chest pain, tightness/pressure in the chest, chest pain spreading to the jaw/neck/arm, unusual sweating, trouble breathing, or fast/irregular heartbeat.

#### **USES:**

This medication is a beta blocker used to treat high blood

pressure, irregular heartbeats, shaking (tremors), and other conditions. It is used after a heart attack to improve the chance of survival. It is also used to prevent migraine headaches and chest pain (angina). Lowering high blood pressure helps prevent strokes, heart attacks, and kidney problems. Preventing chest pain can help improve your ability to exercise.

This drug works by blocking the action of certain natural

chemicals in your body (such as epinephrine) that affect the heart and blood vessels. This effect reduces heart rate, blood pressure, and strain on the heart.

#### **OTHER USES:**

This section contains uses of this drug that are not

listed in the approved professional labeling for the drug but that may be prescribed by your health care professional. Use this drug for a condition that is listed in this section only if it has been so prescribed by your health care professional.

This medication has also been used to control symptoms of anxiety or overactive thyroid (hyperthyroidism).

#### **HOW TO USE:**

See also Warning section.

Take this medication by mouth as directed by your doctor, usually 2 to 4 times daily. Take this medication before meals (and at bedtime if taking 4 times daily). Measure the liquid medication with a medication-measuring spoon or device. Do not use a household spoon because you may not get the correct dose.

The dosage is based on your medical condition and response to treatment.

Use this medication regularly to get the most benefit from it. To help you remember, take it at the same times each day. Keep taking this medication even if you feel well.

This medication is used to help prevent chest pain or migraines. It should not be used to treat chest pain or migraines when they occur. Use other medications (such as nitroglycerin tablets placed under the tongue for chest pain, sumatriptan for migraines) to relieve sudden attacks as directed by your doctor. Consult your doctor or pharmacist for details.

If you also take certain drugs to lower your cholesterol (bile acid-binding resins such as cholestyramine or colestipol), take propranolol at least 1 hour before or at least 4 hours after these medications.

For the treatment of high blood pressure, it may take 1 to 2 weeks before you get the full benefit of this drug.

Tell your doctor if your condition worsens (such as your routine blood pressure readings increase, your chest pain or migraines occur more often).

**SIDE EFFECTS:**

See also Warning and Precautions sections.

Dizziness, lightheadedness, or tiredness may occur as your body adjusts to the medication. Nausea/vomiting, stomach pain, vision changes, trouble sleeping, and unusual dreams may also occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly.

To reduce the risk of dizziness and lightheadedness, get up slowly when rising from a sitting or lying position.

This drug may reduce blood flow to your hands and feet, causing them to feel cold. Smoking may worsen this effect. Dress warmly and avoid tobacco use.

Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects.

Tell your doctor right away if you have any serious side effects, including: blue fingers/toes, mental/mood changes (such as depression), numbness/tingling of arms/legs, new or worsening symptoms of heart failure (such as shortness of breath, swelling ankles/feet, unusual tiredness, unusual/sudden weight gain), very slow heartbeat, fainting, decreased sexual ability, increased thirst/urination, easy bruising/bleeding, signs of infection (such as sore throat that doesn't go away, fever), aching/swollen joints.

A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist.

In the US -

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

In Canada - Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345.

**PRECAUTIONS:**

Before taking propranolol, tell your doctor or

pharmacist if you are allergic to it; or if you have had a serious reaction to other beta blockers (such as metoprolol); or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details.

Before using this medication, tell your doctor or pharmacist your medical history, especially of: breathing problems (such as asthma, bronchitis, emphysema), heart failure, certain types of heart rhythm problems (sinus bradycardia, Wolff-Parkinson-White syndrome, second- or third-degree atrioventricular block), overactive thyroid (hyperthyroidism), kidney disease, liver disease, blood circulation problems (such as Raynaud's disease), a certain type of tumor (pheochromocytoma), mental/mood disorders

(such as depression), certain muscle/nerve disease (myasthenia gravis), severe allergic reactions.

This drug may make you dizzy. Alcohol or marijuana (cannabis) can make you more dizzy. Do not drive, use machinery, or do anything that needs alertness until you can do it safely. Limit alcoholic beverages. Talk to your doctor if you are using marijuana (cannabis).

Liquid forms of this medication may contain alcohol. Caution is advised if you have alcohol dependence or liver disease. Ask your doctor or pharmacist about using this product safely.

Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products).

If you have diabetes, this product may mask the fast/pounding heartbeat you would usually feel when your blood sugar falls too low (hypoglycemia). Other symptoms of low blood sugar, such as dizziness and sweating, are unaffected by this drug. This product may also make it harder to control your blood sugar. Check your blood sugar regularly as directed and share the results with your doctor. Tell your doctor right away if you have symptoms of high blood sugar such as increased thirst/urination. Your doctor may need to adjust your diabetes medication, exercise program, or diet.

Children may be at greater risk for low blood sugar (hypoglycemia), especially if they are vomiting or not eating regularly. To help prevent low blood sugar, feed children on a regular schedule. If your child cannot eat regularly, is vomiting, or has symptoms of low blood sugar (such as sweating, seizures), stop this medication and tell the doctor right away.

During pregnancy, this medication should be used only when clearly needed. Infants exposed to this medication during pregnancy may have low birth weight, low blood sugar, or slow breathing/heartbeat. Discuss the risks and benefits with your doctor.

This drug passes into breast milk. Consult your doctor before breast-feeding.

**DRUG INTERACTIONS:**

See also How to Use section.

Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval.

Some products that may interact with this drug include: alpha blockers (such as prazosin), aluminum hydroxide, anticholinergics (such as atropine, scopolamine), chlorpromazine, drugs affecting liver enzymes that remove propranolol from your body (such as cimetidine, St. John's wort, certain SSRI antidepressants including fluoxetine/paroxetine/fluvoxamine, HIV protease inhibitors including ritonavir, rifamycins including rifabutin), other drugs to treat high blood pressure (such as clonidine, hydralazine, methyl dopa), epinephrine, fingolimod, haloperidol, other heart medications (such as digoxin, disopyramide, propafenone, quinidine), mefloquine, rizatriptan, theophylline,

thioridazine, thyroid hormones (such as levothyroxine), warfarin.

Some products have ingredients that could raise your heart rate or blood pressure. Tell your pharmacist what products you are using, and ask how to use them safely (especially cough-and-cold products, diet aids, or NSAIDs such as ibuprofen/naproxen).

This medication may interfere with certain laboratory tests (including glaucoma screening test, cardiovascular stress testing using arbutamine), possibly causing false test results. Make sure laboratory personnel and all your doctors know you use this drug.

**OVERDOSE:**

If someone has overdosed and has serious symptoms such

as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: very slow heartbeat, severe dizziness, fainting.

**NOTES:**

Do not share this medication with others.

Lifestyle changes such as stress reduction programs, exercise, and dietary changes may increase the effectiveness of this medicine. Talk to your doctor or pharmacist about lifestyle changes that might benefit you.

Have your blood pressure and pulse (heart rate) checked regularly while taking this medication. Learn how to monitor your own blood pressure and pulse at home, and share the results with your doctor.

**MISSED DOSE:**

If you miss a dose, take it as soon as you

remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up.

**STORAGE:**

Store at room temperature away from light and moisture.

Do not store in the bathroom. Keep all medications away from children and pets.

Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company.

**MEDICAL ALERT:**

Your condition can cause complications in a

medical emergency. For information about enrolling in MedicAlert, call 1-888-633-4298 (US) or 1-800-668-1507 (Canada).

Information last revised May 2022.

Copyright(c) 2022 First Databank, Inc.