

PRETENOL C TABLET

Atenolol/Chlorthalidone (50mg/12.5mg, 100mg/25mg)

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What PRETENOL-C TABLET is used for

PRETENOL-C TABLET is used to treat high blood pressure.

How PRETENOL-C TABLET works

PRETENOL-C TABLET contains two different medicines atenolol and chlorthalidone.

Atenolol belongs to a group of medicines called beta-blockers. It works by making your heart beat more slowly and with less force.

Chlorthalidone belongs to a group of medicines called diuretics. It works by increasing the amount of urine produced by your kidneys.

Before you use PRETENOL-C TABLET

- When you must not use it

Do not take PRETENOL-C TABLET if you are allergic to Atenolol or Chlorthalidone or

any of the other ingredients listed at the end of the leaflet.

Do not use PRETENOL-C TABLET if you:

- Allergic to any other ingredients in your medicine.
- Have ever had heart problems
- Have problems with your kidneys
- Have a tumour called pheochromocytoma that is not being treated. This is usually near your kidney and can cause high blood pressure.
- Have been told that you have higher than normal levels of acid in your blood (metabolic acidosis).

- Before you start to use it

Before taking PRETENOL-C TABLET, you must tell your doctor or pharmacist if you have, or have had, any of the following conditions:

- Asthma, wheezing or any other similar breathing problems or you get allergic reactions, for example to insect stings
- A type of chest pain (angina) called Prinzmetal's angina. Poor blood circulation or controlled heart failure
- Have first degree heart block
- Diabetes
- Thyrotoxicosis (abnormally active thyroid gland)

Pregnancy

Ask for your doctor's advice if you are pregnant, or likely to become pregnant during your course of medication.

Beta-adrenergic blocking agents may cause bradycardia in the foetus and new born

infant.

Breastfeeding

Ask for your doctor's advice if you are breastfeeding, or likely to breastfeed during your course of medication.

- Taking other medicines

Inform your doctor or pharmacist before taking PRETENOL-C TABLET.

Before using PRETENOL-C TABLET, it is important to tell your doctor or pharmacist if you are taking any other medicines, obtained with or without a doctor's prescription.

In particular, tell your doctor if you are taking any of the following medicines:

- Cloridine (for high blood pressure or migraine)
- Verapamil, diltiazem and nifedipine (for high blood pressure or chest pain).
- Disopyramide or amiodarone (for an uneven heart beat)
- Adrenaline (medicine that stimulates the heart beat)
- Ibuprofen or indomethacin (for pain and inflammation)
- Insulin or medicines that you take by mouth for diabetes.
- Lithium (for certain mental illness)

How to use PRETENOL-C TABLET

- How much to use

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

Adults:

The recommended dosage is one (50mg) / half (100mg) tablet daily.

If the response is considerate inadequate then two (50 mg) tablets / one (100mg) tablet daily should be tried.

Elderly:

The recommended dosage is one (50 mg) / half (100 mg) tablet daily.

PRETENOL-C TABLET is not recommended for children.

- When to use it

Take before you go to sleep or as directed by your doctor or pharmacist.

- How long to use it

Continue taking PRETENOL-C TABLET as your doctor recommended. If symptoms persist, consult your doctor.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this

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

Some of the overdose symptoms are:

- Abnormal slow heart rate
- Low blood pressure
- Acute heart failure
- Bronchospasm
- Dizziness
- Nausea
- Somnolence
- Haemorrhage
- Irregular heartbeat
- Muscle spasm
- Vomiting

While you are using it

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking PRETENOL-C TABLET.
- Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must do

- Do not take more than the recommended dose unless your pharmacist or doctor tells you.
- Do not take any new medicines without consulting your doctor or pharmacist.
- Do not give PRETENOL-C TABLET to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Be careful driving or operating machinery until you know how PRETENOL-C TABLET affects you.

PRETENOL-C TABLET may cause dizziness, fatigue, lightheadedness or faintness in some people.

Side effects

Like all medicines, PRETENOL-C TABLET can cause side effects, although not everybody gets them. If side effects persist, do not take the medicine and refer to the doctor.

Tell your doctor if you notice any of the following side effects or notice any other effects not listed:

Common effects:

- Dry mouth
- Constipation
- Fatigue
- Dizziness
- Wheezing
- Bronchospasm
- Rise in blood lipids
- High glucose level in blood
- Rash
- Loss of appetite
- Impotence

Rare effects:

- Gout
- Jaundice
- Irregular heartbeat
- Abnormal sensation, tingling or pricking
- Headache
- Nausea
- Vomiting
- Gastric pain
- Inflammation in pancreas
- Disturbances of vision
- Respiratory disorders

Frequency 'not known':

- Choroidal effusion: an abnormal building of liquid in your eye that may result in vision changes;
- Acute myopia: sudden nearsightedness or blurred vision;

- Acute angle-closure glaucoma: a rapid increased pressure in your eyes, eye pain. If left untreated, it may lead to permanent vision loss.

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my. [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of PRETENOL-C TABLET

- Storage

Store below 30°C. Protect from light. Keep out of reach of children.

- Disposal

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines. These measures will help to protect the environment.

Product Description

- What it looks like

PRETENOL C 50 TABLET–
White to off-white, 8 mm round, biconvex, ‘C’ marking on one side, plain on the other side, tablet.

PRETENOL C 100 TABLET–
White to off-white, 10 mm round, biconvex, scored on one side and ‘C’ marking on the other side, tablet.

- Ingredients

Active ingredient:

- Atenolol
- Chlorthalidone

Inactive ingredients:

- Povidone
- Magnesium Carbonate
- Cornstarch
- Sodium Starch Glycolate
- Sodium Lauryl Sulphate
- Colloidal Silicon Dioxide
- Purified Water
- Magnesium Stearate

- MAL number

PRETENOL C 50 TABLET–
MAL19900182AZ

PRETENOL C 100 TABLET–
MAL19900183AZ

Product Registration Holder & Manufacturer

Duopharma (M) Sdn. Bhd.
Lot. 2599, Jalan Seruling 59,
Kawasan 3, Taman Klang Jaya,
41200 Klang, Selangor Darul
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11/09/2025