

ATENOL FILM COATED 50mg & 100mg

Contains Atenolol (50mg & 100mg)

What is in this leaflet

1. What ATENOL TABLET is used for
2. How ATENOL TABLET works
3. Before you use ATENOL TABLET
4. How to use ATENOL TABLET
5. While you are using it
6. Side effects
7. Storage and Disposal of ATENOL TABLET
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What ATENOL TABLET is used for

ATENOL TABLET is used to:

- Treat high blood pressure (hypertension).
- Treat uneven heart beats (arrhythmias).
- Help prevent chest pain (angina).
- Protect the heart in the early treatment after a heart attack (myocardial infarction).

How ATENOL TABLET works

ATENOL TABLET contains a medicine called atenolol. This belongs to a group of medicines called Beta - blockers. It works by making your heart beat more slowly and with less force.

Before you use ATENOL TABLET

- When you must not take it

- If you are allergic (hypersensitive) to atenolol or any of the other ingredients of this medicine.

- Before using ATENOL TABLET, tell your doctor, if you ever had any of the following heart problems:
 - Heart failure which is not under control (this usually makes you breathless and causes your ankle to swell)
 - Second or third degree heart block (a condition which may be treated by a pacemaker)
 - Very slow or uneven heart beats, very low blood pressure or very poor circulation
- You have a tumour called phaeochromocytoma that is not being treated. This is usually near your kidney and can cause high blood pressure. If you are being treated for phaeochromocytoma your doctor will give you another medicine, called an alpha-blocker, to take as well as ATENOL TABLET.
- You have been told that you have higher than normal levels of acid in your blood (metabolic acidosis)

Do not take ATENOL TABLET if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking ATENOL TABLET.

- Before you start to take it

Check with your doctor or pharmacist before taking ATENOL TABLET if:

- You have asthma, wheezing or any other similar breathing problems, or you get allergic reactions, for example to insect stings. If you have ever had asthma or wheezing, do not

take this medicine without first checking with your doctor.

- You have a type of chest pain (angina) called Prinzmetal's angina.
- You have poor blood circulation or controlled heart failure.
- You have first-degree heart block.
- You have diabetes. Your medicine may change how you respond to having low blood sugar. You may feel your heart beating faster.
- You have thyrotoxicosis (a condition caused by an overactive thyroid gland). Your medicine may hide the symptoms of thyrotoxicosis.
- You have problems with your kidneys. You may need to have some check-ups during your treatment.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking ATENOL TABLET.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking, or have recently taken, any other medicines.

This includes medicines that you buy without a prescription and herbal medicines. This is because ATENOL TABLET can affect the way some other medicines work and some medicines can have an effect on ATENOL TABLET.

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

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- Clonidine (for high blood pressure or migraine). If you are taking clonidine and ATENOL TABLET together, do not stop taking clonidine unless your doctor tells you to do so. If you have to stop taking clonidine, your doctor will give you careful instructions about how to do it.
- Verapamil, diltiazem and nifedipine (for high blood pressure or chest pain).
- Disopyramide, quinidine or amiodarone (for an uneven heart beat).
- Digoxin (for heart problems).
- Adrenaline, also known as epinephrine (a medicine that stimulates the heart).
- Ibuprofen or indomethacin (for pain and inflammation).
- Insulin or medicines that you take by mouth for diabetes.
- Medicines to treat nose or sinus congestion or other cold remedies (including those you can buy in the pharmacy).

How to take ATENOL TABLET

- How much to take

Adults

- High blood pressure (hypertension): the recommended dose is 50 mg to 100 mg a day.
- Chest pain (angina): the recommended dose is 100 mg a day or 50 mg twice a day.
- Uneven heart beats (arrhythmias): the recommended dose is 50 mg to 100 mg a day.
- The early treatment of a heart attack (myocardial infarction): the recommended dose is 50 mg to 100 mg a day.

Elderly people

If you are an elderly person, your doctor may decide to give you a lower dose, particularly if you have problems with your kidneys.

People with severe kidney problems If you have severe kidney problems your doctor may decide to give you a lower dose.

Children

Your medicine must not be given to children.

- When to take it

Always take ATENOL TABLET exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Your doctor will tell you how many tablets to take each day and when to take them. Read the label on the carton to remind you what the doctor said.

Swallow your ATENOL TABLET tablet whole with a glass of water.

Try to take your tablet at the same time each day.

- How long to take it

Do not stop taking ATENOL TABLET without talking to your doctor. In some cases, you may need to stop taking it gradually.

- If you forget to take it

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed

dose. Do not take a double dose to make up for a forgotten dose.

- If you take too much (Overdose)

If you take more ATENOL TABLET than prescribed by your doctor, talk to a doctor or go to a hospital straight away. Take the medicine pack with you so that the tablets can be identified.

While you are using ATENOL TABLET

- Things you must do

Continue taking your medication as advised by your doctor or pharmacist.

- Things you must not do

Do not stop taking your medication unless instructed by your doctor or pharmacist.

- Things you must be careful of

Operations

If you go into hospital to have an operation, tell the anaesthetist or medical staff that you are taking ATENOL TABLET. This is because you can get low blood pressure (hypotension) if you are given certain anaesthetics while you are taking ATENOL TABLET.

Pregnancy and breast-feeding

Talk to your doctor before taking ATENOL TABLET if you are pregnant, may become pregnant or are breastfeeding.

Driving and using machines

Your medicine is not likely to affect you being able to drive or use any tools or machines.

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However, it is best to wait to see how your medicine affects you before trying these activities. If you feel dizzy or tired when taking this medicine, do not drive or use any tools or machines.

Side Effects

Like all medicines, ATENOL TABLET can cause side effects, although not everybody gets them.

Allergic reactions: If you have an allergic reaction, see a doctor straight away. The signs may include raised lumps on your skin (wheals), or swelling of your face, lips, mouth, tongue or throat.

Other possible side effects:

Common (affects less than 1 in 10 people):

You may notice that your pulse rate becomes slower while you are taking the tablets. This is normal, but if you are concerned, please tell your doctor about it.

- You may notice your pulse rate becomes slower while you are taking the tablets. This is normal, but if you are concerned, please tell your doctor about it.
- Cold hands and feet.
- Diarrhoea.
- Feeling sick (nausea).
- Feeling tired.

Uncommon (affects less than 1 in 100 people):

- Disturbed sleep.

Rare (affects less than 1 in 1,000 people):

- Heart block (which can cause dizziness, abnormal heart beat, tiredness or fainting).

- Numbness and spasm in your fingers which is followed by warmth and pain (Raynaud's disease).
- Mood changes.
- Nightmares.
- Feeling confused.
- Changes in personality (psychoses) or hallucinations.
- Headache.
- Dizziness (particularly when standing up).
- Tingling of your hands.
- Being unable to get an erection (impotence).
- Dry mouth.
- Dry eyes.
- Disturbances of vision.
- Thinning of your hair.
- Skin rash.
- Reduced numbers of platelets in your blood (this may make you bruise more easily).
- Purplish marks on your skin.
- Jaundice (causing yellowing of your skin or the whites of your

Very rare (affects less than 1 in 10,000 people):

- Changes to some of the cells or other parts of your blood. Your doctor may take blood samples every so often to check whether Atenolol has had any effect on your blood. Conditions that may get worse if you have any of the following conditions, they may get worse when you start to take your medicine. This happens rarely affecting less than 1 in 1,000 people.
- Psoriasis (a skin condition characterized by itchy scales).
- Being short of breath or having swollen ankles (if you have heart failure).
- Asthma or breathing problems.
- Poor circulation.

Do not be concerned by this list of side effects. You may not get

any of them. If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. 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 ATENOL TABLET

- **Storage** Store below 30°C and keep out of reach of children. Store in the original package in order to protect from light and moisture.

- Disposal

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

Atenol Film Coated Tablet

50mg:

White, round, convex, plain on both sides, film coated tablet.

Atenol Film Coated Tablet

100mg:

10mm, round, biconvex, scored on one side and plain on the other side, orange-film coated tablet

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- Ingredients

Active ingredient:

Atenolol 50mg & 100mg

Inactive ingredients:

- Microcrystalline Cellulose
- Magnesium Carbonate Sodium
- Starch Glycolate Colloidal
- Silicon Dioxide
- Magnesium Stearate
- Opadry Orange

Product Registration Holder and Manufacturer

Duopharma (M) Sdn. Bhd. Lot
2599, Jalan Seruling 59,
Kawasan 3, Taman Klang Jaya,
41200, Klang, Selangor,
Malaysia.

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