

TENORMIN[®] TABLET 50 MG

Atenolol 50 mg

Consumer Medication
Information Leaflet (RiMUP)

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What Tenormin is used for

Tenormin 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 Tenormin works

Tenormin 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 Tenormin

- When you must not use it

Do not take Tenormin if:

- You are allergic (hypersensitive) to atenolol or any of the other ingredients of Tenormin Tablet 50 mg.
- You have ever had any of the following heart problems:
 - heart failure which is not under control (this usually makes you breathless and causes your ankles to swell)
 - second- or third-degree heart block (a condition which may be treated by a pacemaker)
 - very slow or very 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 Tenormin.
- You have been told that you have higher than normal levels of acid in your blood (metabolic acidosis).

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

- Before you start to use it

Check with your doctor or pharmacist before taking Tenormin 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 Tenormin.

- 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 Tenormin can affect the way some other medicines work and some medicines can have an effect on Tenormin.

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

- Clonidine (for high blood pressure or migraine). If you are taking clonidine and Tenormin 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 indometacin (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 use Tenormin

- How much to use

Adults

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

Always take Tenormin 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 Tenormin tablet whole with a glass of water.
- Try to take your tablet at the same time each day.

- How long to use it

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

- If you forget to use 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 use too much (overdose)

If you take more Tenormin 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 it

- 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 to be careful of

Operations

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

Pregnancy and breast-feeding

Talk to your doctor before taking Tenormin if you are pregnant, may become pregnant or are breast-feeding. If you become pregnant whilst taking Tenormin, go back and talk to your doctor as soon as possible.

Driving and using machines

Your medicine is not likely to affect you being able to drive or use any tools or machines. 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, Tenormin 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 (weals), 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.
- 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 eyes).

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 Tenormin 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 characterised 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.

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

Storage and disposal of Tenormin

- Storage

Keep your medicine in a safe place where children cannot see or reach it. Your medicine could harm them.

Store below 30°C. Store your tablets in the original package.

Keep the blister strip in the carton. This will protect your medicine from light and moisture.

- Disposal

Do not use your tablets after the expiry date which is stated on the blister strip and carton. The expiry date refers to the last day of that month.

Product description

- What it looks like

Tenormin 50 mg Tablets are white. They are round biconvex, film-coated, tablets which are intagliated with 50 on one face and bisected on the reverse face. They come in packs (blister strips) containing 28 tablets.

- Ingredients

Active ingredient(s)

The active substance is atenolol. Each tablet contains 50 mg (milligrams) of atenolol.

- *Inactive ingredients*

The other ingredients are gelatin (bovine source), glycerol magnesium carbonate, magnesium stearate, maize starch, hypromellose, sodium lauryl sulphate, titanium dioxide (E171).

- MAL number

MAL19870055ACZ

Manufacturer

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Product Registration Holder

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