

# INDERAL<sup>®</sup> TABLET

Propranolol hydrochloride 10 mg & 40 mg

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## What Inderal tablet is used for

Inderal tablet can be used for many conditions including hypertension (high blood pressure), angina (chest pain), some arrhythmias (disorders of heart rhythm), protection of the heart after a myocardial infarction (heart attack), prevention of migraine, essential tremor, anxiety, certain thyroid conditions (such as thyrotoxicosis, which is caused by an overactive thyroid gland), hypertrophic cardiomyopathy (thickened heart muscle) and phaeochromocytoma (high blood pressure due to a tumour usually near the kidney).

## How Inderal tablet works

Propranolol is one of a group of drugs called beta-blockers. It has effects on the heart and circulation and also on other parts of the body.

## Before you use Inderal tablet

- When you must not use it

Do not take Inderal tablet:

- If you have ever had asthma or wheezing.

- If you are allergic to propranolol or any of the other ingredients of this medicine listed in this leaflet (see *Ingredients* section).

If any of the above applies to you (or you are in doubt), please go back and see your doctor or pharmacist

- Before you start to take it

Talk to your doctor or pharmacist before taking Inderal tablet:

- If you have heart failure which is not under control
- If you are fasting or have been fasting recently
- If you have phaeochromocytoma (high blood pressure due to a tumour near the kidney) which is not being treated
- If you have metabolic acidosis
- If you get allergic reactions to such things as insect stings
- If you have diabetes as Inderal tablet may change your normal response to blood sugar, which usually involves an increase in heart rate. Inderal tablet may cause low blood sugar levels even in patients who are not diabetic.
- If you suffer from unstable angina (non exercise-induced sharp chest pain) or Prinzmetal's angina
- If you have thyrotoxicosis. Inderal tablet may hide symptoms of thyrotoxicosis.
- If you have kidney or liver problems (including cirrhosis of the liver)
- If you have any other health problems such as circulation disorders, heart problems, breathlessness, or swollen ankles.

- Taking other medicines

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines including any you bought without a prescription. Inderal tablet can interfere with the action of some other drugs and some drugs can have effect on your medicine.

Tell your doctor if you are taking any of the following:

- Verapamil
- Diltiazem
- Nifedipine
- Nisoldipine
- Nicardipine
- Isradipine
- Lacidipine (for hypertension or angina)
- Disopyramide
- Lidocaine
- Quinidine
- Amiodarone or propafenone (for irregular heartbeats)
- Digoxin (for heart failure)
- Adrenaline (a heart stimulant)
- Ibuprofen and indometacin (for pain and inflammation)
- Ergotamine, dihydroergotamine or rizatriptan (for migraine)
- Chlorpromazine and thioridazine (for certain psychiatric disorders)
- Cimetidine (for stomach problems)
- Rifampicin (for treatment of tuberculosis)
- Theophylline (for asthma)
- Warfarin (to thin the blood)
- Hydralazine (for hypertension)

If you are taking clonidine (for hypertension or migraine) and Inderal tablet together, you must not stop taking clonidine unless your doctor tells you to do so. If it becomes necessary for you to stop taking clonidine, your doctor will give you careful instructions on how to do it.

**How to take Inderal tablet**

**- How much to use**

Always take Inderal tablet exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Follow your doctor's instructions about when and how to take your tablets. Please read the label on the container. This will also tell you how many tablets to take and when you should take them. Ask your doctor or pharmacist if you are not sure.

The following shows the usual total daily dosages for an adult:

- Hypertension (high blood pressure) – 160 mg to 320 mg
- Angina (chest pains) – 120 mg to 240 mg
- Arrhythmias (disorders of heart rhythm)\* – 30 mg to 160 mg
- Protection of the heart after a heart attack – 160 mg
- Prevention of migraine\* – 80 mg to 160 mg
- Essential tremor – 80 mg to 160 mg
- Anxiety – 40 mg to 120 mg
- Certain thyroid conditions (such as thyrotoxicosis)\* – 30 mg to 160 mg
- Hypertrophic cardiomyopathy (thickened heart muscle) – 30 mg to 160 mg
- Pheochromocytoma\* – 30 mg to 60 mg

\*Under some circumstances, Inderal tablet can be used to treat children with these conditions. The dosage will be adjusted by the doctor according to the child's age or weight.

Elderly people may be started on a lower dose.

**- When to take it**

Inderal tablets should be swallowed with a drink of water. Your doctor will have decided how many Inderal tablets you

need to take each day depending on your condition.

**- How long to take it**

Do not stop taking your medicine without talking to your doctor first. In some cases, it may be necessary to stop taking the medicine gradually.

**- If you forget to take it**

If you forget to take your medicine, take your dose when you remember and then take your next dose at the usual time. Don't take two doses at the same time. If you are worried, ask your doctor or pharmacist for advice.

**- If you use too much (overdose)**

Propranolol is severely toxic if used in overdose. If you have accidentally taken more than the prescribed dose or are experiencing symptoms of overdose, you should urgently seek medical attention.

If you accidentally take an overdose of your medicine, either call your doctor straight away, or go to your nearest hospital casualty department. Always take any remaining tablets, the container and the label with you, so that the medicine can be identified.

**While you are using Inderal tablet - Things you must do**

Take your medication as advised by your doctor or pharmacist

If you go into hospital to have an operation, tell the anesthetist or medical staff that you are taking Inderal tablet.

**- Things you must not do**

Do not stop taking the medication unless being told by your doctor or pharmacist.

**- Things to be careful of**

Alcohol may affect how this medicine works.

Inderal tablet contains lactose (see *Ingredients* section). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor or pharmacist before taking Inderal tablet.

Inderal tablet contains a small amount of glycerol (see *Ingredients* section). When glycerol is given in high doses, it can cause headache, stomach upset and diarrhea.

***Driving and using machines***

Inderal tablet is unlikely to affect your ability to drive or to operate machinery. However, some people may occasionally feel dizzy or tired when taking Inderal tablet. If this happens to you, ask your doctor for advice.

***Pregnancy, breast-feeding and fertility***

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking Inderal tablet.

**Side effects** Like all medicines, this medicine can cause side effects, although not everybody gets them. Tell your doctor straight away if you notice any of the following:

**Common** (affects less than 1 in 10 patients): • Cold fingers and toes

- The heart beating more slowly
- Numbness and spasm in the fingers which is followed by warmth and pain (Raynaud's phenomenon)
- Disturbed sleep/nightmares
- Fatigue

**Uncommon** (affects less than 1 in 100 patients):

- Diarrhea
- Nausea
- Vomiting

**Rare** (affects less than 1 in 1000 patients):

- Worsening of breathing difficulties, if you have or have had asthma
- Breathlessness and/or swollen ankles if you also have heart failure
- Heart block which may cause an abnormal heartbeat, dizziness, tiredness or fainting.

- Dizziness, particularly on standing up
- Worsening of your blood circulation if you already suffer from poor circulation
- Hair loss
- Mood changes
- Confusion
- Memory loss
- Psychosis or hallucinations (disturbances of the mind)
- Tingling of the hands
- Disturbances of vision
- Dry eyes
- Skin rash, including worsening of psoriasis
- Bruising more easily (thrombocytopenia)
- Purple spots on the skin (purpura)

**Very rare** (affects less than 1 in 10000 patients):

- Severe muscle weakness (myasthenia gravis)

**Not Known**

- Depression

Low levels of blood sugar may occur in diabetic and non diabetic patients including the newborn, toddlers and children, elderly patients, patients on artificial kidneys (haemodialysis) or patients on medication for diabetes. It may also occur in patients who are fasting or have been fasting recently or who have a long-term liver disease.

There may be changes to some of the cells or other parts of your blood. It is possible that your doctor may occasionally take blood samples to check whether Inderal has had any effect on your blood.

Do not be alarmed by this list of possible events. You may not have any of them.

If you get any other side effects not listed in this leaflet or if you think your medicine is causing any problems, tell your doctor or pharmacist.

**Storage and disposal of Inderal tablet - Storage**

Check the expiry date on the carton and don't use the medicine after that date.

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

Keep your medicine below 30°C and away from strong light and dampness.

**- Disposal**

Please check with your pharmacist on how you should dispose your medicine.

**Product description**

**- What it looks like**

Inderal tablet comes in two strengths:

- Inderal 10 mg film-coated tablets are pink, round, biconvex, impressed with '10' on one face and a score line on the reverse face. Diameter of each film-coated tablet is approximately 6.5 mm.
- Inderal 40 mg film-coated tablets are pink, round, biconvex, impressed with '40' on one face and a score line on

the reverse face. Diameter of each film-coated tablet is approximately 8.5 mm.

Inderal 10 mg and Inderal 40 mg tablets are produced in blister packs of 10 x 10 tablets.

**- Ingredients**

**Active ingredient:** The active substance in Inderal tablet is propranolol.

- Each Inderal 10 mg tablet contains 10 mg propranolol
- Each Inderal 40 mg tablet contains 40 mg propranolol

**Inactive ingredients:** The other ingredients are calcium carboxymethylcellulose USNF, carmine BPC (E120), gelatin Ph Eur (E441), glycerol Ph Eur (E422), lactose Ph Eur, magnesium stearate Ph Eur, hypromellose Ph Eur (E464) and titanium dioxide Ph Eur (E171).

**- MAL number:**

MAL19870030ACZ  
MAL19870042ACZ

**Manufacturer**

Fourrts (India) Laboratories Pvt. Ltd.  
No.23 Plant II,  
Venkatamangalam,  
Chennai, 600127, India

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