

ANTAROL TABLET 20MG

Propranolol Hydrochloride (20mg)

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What Antarol is used for

Antarol 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 Antarol works

Antarol contains Propranolol hydrochloride as active ingredient which belongs to a group of medicines called beta-blockers. Propranolol hydrochloride works by slowing down and reduces the force of your heartbeat. This reduces the pressure in your blood vessels. It also widens the blood vessels in the body and helps the heart to beat more regularly.

Before you use Antarol

- When you must not use it

Do not take Antarol if you:

- Are allergic to active ingredient, propranolol hydrochloride or any other ingredients in Antarol
- If you have ever had asthma or wheezing

If any of the above applies to you (or you are in doubt), please seek your doctor or pharmacist for advice.

- Before you start to use it

Talk to your doctor or pharmacist before taking Antarol:

- 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 Antarol may change your normal response to blood sugar, which usually involves an increase in heart rate. Antarol may cause low blood sugar levels even in patients who are not diabetic.
- If you suffer from unstable angina (non-exercise-induced sharp pain) or Prinzmetal's angina
- If you have thyrotoxicosis. Antarol 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 and ankles.
- Ibuprofen and indomethacin (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 Antarol 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.

Pregnancy and lactation

Ask your doctor or pharmacist for advice before taking any medicine. Antarol use during pregnancy may cause harm to the baby. Therefore, Antarol should not be taken during pregnancy.

If you are breast feeding, you should not take Antarol as it will become present in the breast milk.

How to use Antarol

Always take Antarol exactly according to the instruction given to you by your doctor or pharmacists. If you are unsure, check with your doctor or pharmacist. the skin.

- How much to use it

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

- Hypertension (high blood pressure) – 160mg to 320mg
- Angina (chest pains) – 120mg to 240mg
- Arrhythmias (disorders of heart rhythm) * – 30mg to 160mg
- Protection of the heart after a heart attack – 160mg
- Prevention of migraine * – 80mg to 160mg
- Essential tremor – 80mg to 160mg

- 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. Antarol 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 hypotension or angina)
- Disopyramide
- Lidocaine
- Quinidine
- Amiodarone or propafenone (for irregular heartbeats)
- Digoxin (for heart failure)
- Adrenaline (a heart stimulant)

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- Anxiety – 40mg to 120mg
- Certain thyroid conditions (such as thyrotoxicosis) * – 30mg to 160mg
- Hypertrophic cardiomyopathy (thickened heart muscle) - 30mg to 160mg
- Phaeochromocytoma* – 30mg to 60mg

*Under some circumstances, Antarol 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 use it

Antarol should be swallowed with a drink of water. Your doctor will have decided how many Antarol tablets you need to take each day depending on your condition.

- How long to use 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 use it

Take your dose as soon as you remember and continue to take it as you would normally. Do not take a double dose to make up for the dose you missed.

- 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 it

- 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 anaesthetist or medical staff that you are taking Antarol.

- Things you must not do

Do not stop taking your medicines without consulting your doctor. It is important to keep taking your medicine even if you feel well.

Do not give this medication to anyone else, even if they have the same condition as you.

- Things to be careful of

Alcohol may affect how this medicine works.

Antarol contain 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 Antarol.

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

Driving and using machines

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

Side effects

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

Common:

- 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:

- Diarrhoea
- Nausea
- Vomiting

Rare:

- 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
- Disturbance of vision
- Dry eyes
- Skin rash, including worsening of psoriasis
- Bruising more easily (thrombocytopenia)
- Purple spots on the skin (purpura)

Very rare

- Severe muscle weakness (myasthenia gravis)

Not known

- Depression

Low levels of blood sugar may occur in diabetic and non-diabetic patients including the newborns, 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 Antarol 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.

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

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Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Antarol

- Storage

Store in a cool dry place at below 30°C, protect from light. Keep out of reach of children.

- Disposal

The expiry date of Antarol is on the bottle. Do not use if after expiry date.

If your doctors tell you to stop taking Antarol or the expiry date has passed, ask your pharmacist what to do with the remaining medicines.

Product Description

- What it looks like

Dark purple, film coated, round and embossed with “P/20” and the “a” in italics.

- Ingredients

- Active ingredient:

- Propranolol hydrochloride

- Inactive ingredients:

- Corn starch
- Povidone K30
- Industrial methylated spirits
- Opadry purple
- Magnesium stearate
- Colloidal silicon dioxide
- Lactose

- MAL Number

MAL20040925ACZ

Manufacturer

GoodScience Sdn. Bhd.

No.7, Jalan KPK 4/3,
Kawasan Perindustrian Kundang, Kundang Jaya 48020 Rawang,
Selangor, Malaysia.

Product Registration Holder

IMEKS Pharma Sdn. Bhd.

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Medan Niaga Kepong,
51200 Kuala Lumpur, Malaysia.

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