

What is this medicine for?

This medicine belongs to a group known as beta-blockers.

Propranolol can be used to relieve symptoms of anxiety such as tremors, heart palpitations (fast heart rate). It can also be used to relieve symptoms in performance anxiety.

Propranolol can be used to treat akathisia, a side effect that may occur when taking certain antipsychotic medication. Akathisia is a feeling of restlessness where there is a strong desire to move. For example; foot stamping, constantly pacing up and down, crossing / uncrossing legs, and rocking from foot to foot.

The medicine may also be used for other conditions, such as some heart conditions. Please check with your doctor.

Before using this medicine:

Tell your doctor if you have or ever had any drug allergies, history of anaphylactic reactions or adverse drug reactions, airways disease, diabetes, hyperthyroidism, heart failure or heart disease, circulation problems, low blood pressure, kidney or liver disease.

Tell your doctor if you plan to have any surgery, including dental surgery, especially if it requires a general anaesthetic.

FOR WOMEN: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Take this medicine only as directed by your doctor. If you feel that the medicine is not working well, do not take more than the prescribed dose, consult your doctor.

You should obtain this medicine from the same doctor or clinic wherever possible.

This medication can be taken with or without food.

Precautions while taking this medicine:

- This medicine may make you drowsy or less alert. Do not drive or operate machinery if affected. Avoid alcohol as it can add to the drowsiness.
- This medication may make you feel dizzy. Get up gradually from sitting or lying to minimise the dizziness. Sit or lie down if you become dizzy. Make sure you drink enough water in hot weather and during exercise, especially if you sweat a lot.
- Do not stop taking this medication suddenly; consult your doctor on how to discontinue this medication as the dose may need to be reduced slowly to avoid side effects.
- When you take this medicine with some other medicines, it may affect how they work. Be sure that you tell all doctors, pharmacists, dentists and other health care providers who treat you about all medicines, herbal medicines, vitamins, supplements, and alternative/natural remedies that you are taking.
- This medication may reduce blood supply to the fingers and toes and cause numbness, tingling and colour changes when exposed to the cold. If this occurs, avoid cold temperatures.

What should I do if I forget a dose?

If you are directed by your doctor to take this medicine regularly, take the missed as soon as you remember. If it is close to the time for your next dose, skip the missed dose and go back to your normal time.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Drowsiness
- ~ Dizziness or light-headedness
- ~ Nausea (feeling sick)
- ~ Loss of appetite
- ~ Shortness of breath
- ~ Vivid dreams

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reactions such as skin rash/ itching, swelling of the eyes/ face/ lips, or difficulty in breathing
- ~ Numbness, tingling and colour changes in the fingers and toes when exposed to the cold.
- ~ Unusual bleeding or bruising under the skin
- ~ Severe dizziness or passing out.
- ~ Feeling very tired or weak
- ~ Fast, slow or irregular heart beat
- ~ Signs of frequent infections such as fever, severe chills, sore throat or mouth ulcers
- ~ Signs of low blood sugar (hypoglycaemia) such as sweating, weakness, hunger, dizziness, trembling, headache, flushing or paleness, numbness
- ~ Dry or irritated eyes, blurred vision, conjunctivitis.
- ~ Sexual problems
- ~ Trouble passing urine
- ~ Changes in mood such as depression, confusion, hallucinations

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.

Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children.

Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.

Institute of Mental Health

Pharmacy Department

10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

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Patient Information Leaflet on

PROPRANOLOL

