

ATENOLOL-GA

Atenolol

Consumer Medicine Information

What is in this leaflet

This leaflet answers some of the common questions about ATENOLOL-GA. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking ATENOLOL-GA against the benefits the medicine is expected to have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist. Keep this leaflet with the medicine. You may need to read it again.

What is ATENOLOL-GA used for

ATENOLOL-GA belongs to a group of medicines called beta-blockers. ATENOLOL-GA is used to treat:

- high blood pressure (hypertension)
- angina (heart pain)
- cardiac arrhythmias (irregular heart beat)
- patients who have had a heart attack

Hypertension

ATENOLOL-GA is used to lower high blood pressure (hypertension). Everyone has blood pressure. This pressure helps get your blood all around your body. Your blood pressure may be different at different times of the day, depending on how busy or worried you are. You have hypertension (high blood pressure) when your blood pressure stays higher than is needed, even when you are calm and relaxed.

There are usually no symptoms of hypertension. The only way of knowing that you have hypertension is to have your blood pressure checked on a regular basis. If high blood pressure is not treated it can lead to serious health problems, including stroke, heart disease and kidney failure.

Angina

ATENOLOL-GA is used to treat Angina. Angina is a discomfort or pain felt in your chest. The pain may also be felt down your arms or neck and sometimes your shoulders and back. This may be caused by not enough oxygen or blood reaching areas of your heart. Angina pain is often brought on by exercise or stress.

Cardiac arrhythmias (irregular heart beat)

ATENOLOL-GA helps restore your normal heart beat. A number of factors can cause an irregular heart beat, such as heart disease or chemical imbalances.

Heart Attack

A heart attack occurs when one of the major blood vessels supplying blood to your heart becomes blocked. This means that your heart cannot receive the oxygen it needs and becomes damaged. This may lead to further problems, such as heart failure, irregular heart rhythms and blood clots.

How ATENOLOL-GA works

ATENOLOL-GA works by widening your blood vessels, which reduces pressure in the vessels, making it easier for your heart to pump blood around your body. This helps increase the supply of oxygen to your heart,

so that when you place extra demands on your heart, such as during exercise, your heart may cope better and you may not get short of breath as easily.

By increasing the supply of oxygen to your heart, your heart does not have to work as hard which may reduce the risk of further damage to your heart after you have had a heart attack.

Your doctor may have prescribed ATENOLOL-GA for another reason. Ask your doctor if you have any questions about why ATENOLOL-GA has been prescribed for you.

ATENOLOL-GA is not addictive.

This medicine is available only with a doctor's prescription.

Before you take ATENOLOL-GA

When you must not take it

Do not take ATENOLOL-GA if:

1. **You have or have had asthma, hayfever or lung disease.** ATENOLOL-GA can reduce the effectiveness of asthma drugs. ATENOLOL-GA should therefore be used with great caution, and only upon medical advice, by asthmatics, hayfever sufferers and people with lung diseases.
2. **You have the following conditions:**
 - uncontrolled heart failure
 - congestive heart failure
 - right ventricular failure
 - secondary to pulmonary hypertension
 - significant right ventricular hypertrophy
 - sick sinus syndrome
 - sinus bradycardia
 - second and third degree AV block
 - cardiogenic and hypovolaemic shock
 - hypotension (low blood pressure)
 - metabolic acidosis
 - severe peripheral circulatory disturbances
 - untreated pheochromocytoma (a rare tumour of the adrenal glands).

Each of these conditions can be clearly diagnosed by a doctor. They are separate diseases from those ailments for which ATENOLOL-GA tablets are given even though some symptoms can appear to be the same. **If at all concerned, see your doctor.**

3. You are receiving:

- Certain anaesthetics for medical procedures. ATENOLOL-GA tablets should not be taken if you are having an anaesthetic that can suppress the heart.
- Emergency treatment for shock or severely low blood pressure.

4. You have an allergy to ATENOLOL-GA or any of the ingredients listed at the end of this leaflet, or to any other beta-blocker medicine.

5. **You are pregnant, intend to become pregnant, are breast-feeding or intend to breast-feed.** ATENOLOL-GA should be taken only if the risk to the mother from heart disease is greater than the risk to the child. However, both mother and

child should be closely monitored by the doctor.

Do not use ATENOLOL-GA if the package is torn or shows signs of tampering.

Do not use ATENOLOL-GA if the expiry date on the pack has passed.

If you take ATENOLOL-GA after the expiry date has passed it may not work as well.

Before you start to take it

Tell your doctor if:

1. You have allergies to:

- Any other medicine, including any other beta-blocker medicine
- Any other substances, such as foods, preservatives or dyes

2. You have or have had a history of any of the following conditions:

- Heart problems
- Diabetes
- An over active thyroid gland called hyperthyroidism
- Kidney problems
- Circulation problems

If you have not told your doctor about any of the above, tell them before you start taking ATENOLOL-GA.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and ATENOLOL-GA may interfere with each other. These include:

- Other beta-blocker medicines
- Medicines used to treat high blood pressure or angina
- Medicines used to treat heart problems
- Insulin and tablets used to treat diabetes
- Medicines used to treat arthritis, pain or inflammation
- Calcium antagonists (medicines that contain clonidine, verapamil or diltiazem)

These medicines may be affected by ATENOLOL-GA, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking ATENOLOL-GA.

How to take ATENOLOL-GA

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

Your doctor will advise you how many tablets you should take and how often these should be taken.

How to take it

Swallow ATENOLOL-GA tablets whole with a full glass of water.

When to take it

Take ATENOLOL-GA at about the same time each day.

Taking your tablets at the same time each day will have the best effect. It will also help you remember when to take the tablets. It does not matter if you take ATENOLOL-GA before or after food.

How long to take it

ATENOLOL-GA helps control your condition, but does not cure it. Therefore you must take ATENOLOL-GA every day. Continue taking your medicine for as long as your doctor tells you.

Do not stop taking ATENOLOL-GA tablets without checking with your doctor.

Your doctor may want to gradually reduce the amount of ATENOLOL-GA you are taking before stopping completely. Do not stop taking this medicine suddenly as this may worsen your condition.

If you forget to take it

If there are more than 12 hours before your next dose is due, take one dose. If there are less than 12 hours before your next dose and you do not have any discomfort, wait until your next dose is due.

However, in the event that you have discomfort or chest pains, take one dose immediately. Your next dose should be not less than 9 hours later.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or Poisons Information Centre (13 11 26), or go to Accident & Emergency at your nearest hospital, if you think you or anyone else may have taken too much ATENOLOL-GA. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. If you take too much ATENOLOL-GA you may feel light-headed, dizzy or you may faint.

While you are using ATENOLOL-GA

Things you must do

Tell any other doctors, dentists and pharmacists who are treating you that you are taking ATENOLOL-GA. If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking ATENOLOL-GA.

Make sure you drink enough water during exercise and hot weather when you are taking ATENOLOL-GA, especially if you sweat a lot.

If you do not drink enough water while taking ATENOLOL-GA you may feel faint, light-headed or sick. This is because you

blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

If you have excess vomiting or diarrhoea while taking ATENOLOL-GA tell your doctor.

You may lose too much water and salt and your blood pressure may drop too much.

If you feel light-headed or dizzy after taking your first dose of ATENOLOL-GA, or when your dose is increased, tell your doctor immediately.

This is because your blood pressure is falling suddenly.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking ATENOLOL-GA.

Your blood pressure may drop suddenly.

If you become pregnant while taking ATENOLOL-GA, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking ATENOLOL-GA.

ATENOLOL-GA may interfere with the results of some tests.

Have your blood pressure checked when your doctor says, to make sure ATENOLOL-GA is working. Go to your doctor regularly for a check-up so that your progress can be checked.

Your doctor may occasionally do a blood test to check your potassium levels and see how your kidneys are working.

If you continue to have angina attacks, or have more of them whilst taking ATENOLOL-GA, tell your doctor. ATENOLOL-GA is used to prevent angina so your attacks should become less severe and less frequent.

Things you must not do

Do not give ATENOLOL-GA to anyone else, even if they have the same condition as you.

Do not take ATENOLOL-GA to treat any other complaints unless your doctor or pharmacist tells you to.

Do not stop taking ATENOLOL-GA, or lower the dosage, without checking with your doctor.

Things to be careful of

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Be careful driving or operating machinery until you know how ATENOLOL-GA affects you.

ATENOLOL-GA may cause dizziness, light-headedness and fatigue in some people.

Be careful not to over exercise when you first start taking ATENOLOL-GA.

Dress warmly during colder weather, especially if you are outside for a long time.

ATENOLOL-GA, like other beta-blockers, may make you more sensitive to cold temperatures, especially if you have circulation problems. Beta-blockers can decrease blood circulation in the fingers and toes.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ATENOLOL-GA.

ATENOLOL-GA may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- feeling light-headed, dizzy or faint
- dry cough
- headache
- feeling sick (nausea) or vomiting
- loss of appetite
- stomach pain such as diarrhoea,
- constipation, abdominal pain or indigestion
- pain in the joints
- unusual tiredness or weakness, fatigue
- difficulty sleeping (insomnia) or strange dreams
- sexual problems
- ringing or buzzing in the ears
- hair loss or thinning
- dry or itchy eyes
- runny or blocked nose or sneezing
- facial pressure or pain
- dry mouth
- taste disturbances or loss of taste
- mouth or tongue ulcers
- flushed or pale skin
- fever

These side effects are usually mild.

Tell your doctor immediately if you notice any of the following:

- confusion or nervousness
- feelings of deep sadness and unworthiness (depression)
- hallucinations
- light-headedness or fainting which may be
- due to low blood pressure

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

If any of the following happen, tell your doctor immediately, or go to Accident & Emergency at your nearest hospital:

- wheezing, chest tightness or difficulty breathing
- unexplained bruising
- swelling of the face, lips or throat
- bradycardia (slow heart beat)

These are very serious side effects and you may need urgent medical attention or hospitalisation. These side effects are rare.

Ask your doctor or pharmacist to answer any questions you may have.

Do not be alarmed by this list. You may not experience any of them.

After using ATENOLOL-GA

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they will not keep well.

Keep your tablets in a cool dry place where the temperature stays below 30°C.

Do not store ATENOLOL-GA or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car on hot days.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor or pharmacist tells you to stop taking ATENOLOL-GA or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product description

What it looks like

ATENOLOL-GA 50mg tablets are white, round, flat, bevel edged tablets with a breakline on one side and plain on the other.

ATENOLOL-GA 50 mg tablets are available in blister and bottle packs of 30 tablets.

Ingredients

ATENOLOL-GA 50 mg tablets contain Atenolol 50 mg as the active ingredient.

Pregelatinised maize starch, Microcrystalline cellulose, Sodium lauryl sulfate, Sodium starch glycollate, Colloidal anhydrous silica, Magnesium stearate, Hypromellose and Opadry complete film coating system Y-1R-7000B white (containing hypromellose, titanium dioxide, Macrogol 400 and indigo carmine aluminium lake CI 73015).

Supplier

Amneal Pharma Australia Pty Ltd
12 River Street
South Yarra VIC 3141

AUST R (blister) 147638

AUST R (bottles) 77503

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