

# Propranolol

Medication Information Leaflet

## What is this medication for?

Propranolol belongs to a group of medications known as beta-blockers.

Beta-blockers are usually used in the treatment of different conditions such as

- High blood pressure
- Irregular heartbeat
- Reduce chest pain/ discomfort (Angina)
- Heart attack
- Reduce symptoms such as tremors and fast heart rate in people with hyperthyroidism, a condition where the thyroid gland is overactive and produces too much of thyroid hormone.
- Migraine, a type of headache

## How should I take/use this medication?

- Do not stop taking your medication without first checking with your healthcare professional.
- You should take this medication with or after food.
- If you have been taking this medication regularly for several weeks or more, do not stop this medication suddenly without consulting your healthcare professional. Stopping your medication suddenly may worsen your condition.

## What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

## What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication.
- You are pregnant, planning to become pregnant, or breastfeeding.

- You have asthma or other breathing problems – this medication may worsen or cause an asthma attack.
- You have pre-diabetes or diabetes - this medication may hide symptoms of low blood sugar such as fast heartbeat or tremors. You may need to check your blood sugar more closely.

## **What are some common side-effects of this medication?**

Some side effects may include:

- Dizziness and lightheadedness
  - This may occur especially when you get up quickly from lying or sitting down. Getting up slowly or changing posture slowly may help. Take a rest by sitting or lying down if you feel dizzy.
- Coldness, numbness or tingling sensation of your fingers or toes
- Feeling weak and tired, and that your heart beats slower
- Shortness of breath
- Problems with sexual intercourse

Inform your healthcare professional if these side effects do not go away and become bothersome to you.

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children. Throw away all expired medications.

## **How should I throw away this medication safely?**

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

## **Disclaimers**

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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