

## ATENOLOL VIATRIS

*Atenolol tablets 50 mg & 100 mg*



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### What is in this leaflet

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This leaflet answers some common questions about Atenolol Viatris.

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 Viatris against the benefits they expect it will 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.

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### What Atenolol Viatris is used for

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Atenolol Viatris is used to lower high blood pressure (hypertension), prevent angina (chest pain), treat irregular heart beats (cardiac dysrhythmias) or reduce your risk of heart complication following heart attack (myocardial infarction).

Atenolol Viatris contains the active ingredient atenolol. It belongs to a group of medicines called beta-blockers.

It works by changing the body's response to some nerve impulses, especially in the heart. Atenolol Viatris decreases the heart's need for blood and oxygen and therefore reduces the amount of work the heart has to do. It also widens the blood vessels in the body, causing blood pressure to fall. It also helps the heart beat more regularly.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

Your doctor may have prescribed it for another reason.

There is no evidence that Atenolol Viatris is addictive.

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

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### Before you take Atenolol Viatris

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**When you must not take it:**

**Do not take Atenolol Viatris if you have an allergy to:**

- any medicine containing atenolol.
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

**Do not take Atenolol Viatris if you are pregnant, intend to become pregnant, are breast feeding or intend to breast feed.**

Atenolol Viatris passes into breast milk and may therefore affect the breast-fed baby.

**Do not take Atenolol Viatris if you have:**

- asthma, bronchitis, wheezing, difficulty breathing, or a history of lung problems.
- a history of allergic problems, including hayfever.

- a severe blood vessel disorder causing poor circulation in the arms and legs.
- certain other heart problems.
- a very slow heart beat, less than 45-50 beats per minute.
- low blood pressure (also called hypotension).
- too much acid in your blood (also called metabolic acidosis).
- a phaeochromocytoma (a rare tumour of the adrenal gland) which is not already being treated with other medicines.
- a certain type of angina called Prinzmetal's angina.
- been using anaesthesia with agents that produce myocardial depression (e.g. ether, chloroform, cyclopropane)
- received emergency treatment for shock or severely low blood pressure.

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

**Before you start to take it:**

**Tell your doctor if you have allergies to any other medicines, (including eye drops), foods, preservatives, dyes or insect stings.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- diabetes
- a kidney problem
- other heart problems
- an overactive thyroid
- a problem with your blood vessels affecting circulation

- a phaeochromocytoma (a rare tumour of the adrenal gland) that is being treated.

**Tell your doctor if you are pregnant or plan to become pregnant or are breast-feeding.** Your doctor can discuss with you the risks and benefits involved.

**Tell your doctor if you plan to have surgery.**

**If you have not told your doctor about any of the above, tell him/her before you start taking Atenolol Viatris.**

### ***Taking other medicines***

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

Some medicines and Atenolol Viatris may interfere with each other. These include:

- insulin and other medications used to treat diabetes.
- other medicines used to treat high blood pressure, angina, an irregular heart beat or other heart conditions, including calcium channel blockers, such as disopyramide, lignocaine, amiodarone, digoxin, clonidine, hydralazine, diltiazem, verapamil, and nifedipine.
- medicines commonly used in emergency situations such as adrenalin and certain anaesthetics.
- medicines used to treat arthritis, pain or inflammation such as ibuprofen or indomethacin.

These medicines may be affected by Atenolol Viatris or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

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## **How to take Atenolol Viatris**

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

They may differ from the information contained in this leaflet.

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

### ***How much to take***

Your doctor will tell you how much Atenolol Viatris you need to take each day. It is important that you take Atenolol Viatris as directed by your doctor. Do not take more than the recommended dose.

The usual dose of Atenolol Viatris is 50 to 100 mg daily as a single dose.

The tablets may be halved, if required.

This may differ depending on your condition and whether you are taking any other medicines. Your doctor will tell you exactly how much you should take.

The elderly may require a lower dose than this, especially in patients with kidney problems.

### ***How to take it***

**Swallow the tablets with a glass of water.**

### ***When to take it***

**Take your medicine at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take this medicine before or after food.

### ***How long to take it***

To properly control your condition, Atenolol Viatris must be taken every day.

It usually takes 1 to 2 weeks before the full effect of Atenolol Viatris is noticed.

**Continue taking your medicine for as long as your doctor tells you.**

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

### ***If you forget to take it***

**If it is less than six hours before your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.**

**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 the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Atenolol Viatris. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

Symptoms of an overdose may include very slow heart beat; dizziness and light headedness due to low blood pressure; difficulty in breathing; and heart failure.

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## **While you are using Atenolol Viatris**

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### ***Things you must do***

**If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Atenolol Viatris.**

**Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.**

**If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.** It may affect other medicines used during surgery.

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor.**

Atenolol Viatris may change how well your diabetes is controlled. It may also cover up some symptoms of low blood sugar, such as a fast heart rate. Atenolol Viatris may also make low blood sugar last longer. Your dose of diabetic medications, including insulin, may need to be changed.

**If you have angina and continue to have attacks or have more of them while you are taking this medicine, tell your doctor.**

Atenolol Viatris is used to prevent angina, so your angina attacks should become less severe and occur less often.

**If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.** You may feel light-headed or dizzy when you begin to take Atenolol Viatris. This is because your blood pressure is falling suddenly. **If this problem gets worse or continues, talk to your doctor.**

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.** It may interfere with the results of some tests.

### ***Things you must not do***

**Do not take Atenolol Viatris to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not stop taking your medicine or lower the dosage without checking with your doctor.**

If you stop taking it suddenly, your condition may worsen or you may have unwanted side effects such as irregular heart beat. If possible, your doctor will gradually reduce the amount you take each day before stopping the medicine completely.

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how Atenolol Viatris affects you.**

This medicine may cause dizziness or tiredness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

**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.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Atenolol Viatris.**

This medicine helps most people with angina or hypertension but it 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 attention if you get some of the side effects.

**Do not be alarmed by the following lists of side effects. You may not experience any of them.**

**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:**

- Tiredness, headache
- Sleep problems, nightmares or vivid dreams

- Hair loss
- Runny or blocked nose
- Dry mouth
- Feeling sick (nausea), vomiting, diarrhoea, stomach pain, constipation
- Problems with sexual function.
- Cold fingers and toes
- Skin reactions (e.g. rash, worsening of psoriasis).

The above list includes the more common side effects of your medicine. They are usually mild.

**Tell your doctor as soon as possible if you notice any of the following:**

- Dizziness or light-headedness, especially when getting up quickly
- Dry, red or irritated eyes, blurred vision
- Tingling, numbness and unusual colour changes in the hands or feet when exposed to the cold
- Skin rashes
- Worsening of psoriasis (a skin condition)
- Unsteadiness when walking
- Abnormal thinking, hallucinations (seeing or hearing things that are not there)
- Depression or mood changes, or a worsening of these
- Confusion
- Pins and needles in the hands and feet
- Ringing in the ears

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

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

- Swelling of the face, lips, tongue or throat which may cause difficulty in swallowing
- Chest tightness, difficulty breathing, wheezing
- Fast, slow or irregular heart beat
- Bruising or bleeding more easily than usual

- Signs of frequent infection such as fever, chills, sore throat and mouth ulcers
- Yellowing of the eyes or skin (jaundice)
- Shortness of breath (sometimes with tiredness, weakness and reduced ability to exercise), which may occur together with swelling of the feet or legs due to fluid build-up.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

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## After using Atenolol Viatris

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### **Storage**

**Keep your tablets in a cool dry place where the temperature stays below 25°C.**

Do not store Atenolol Viatris or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. 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 tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.**

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## Product description

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### **What it looks like**

Atenolol Viatris 50 mg - White to off-white, round, film coated tablets with "50" embossed on one side and a breakline on the other side.

Atenolol Viatris 100 mg - White to off-white, round, film coated tablets with "100" embossed on one side and a breakline on the other side.

### **Ingredients**

Atenolol Viatris tablets contain 50 mg or 100 mg of atenolol as the active ingredient.

The tablets also contain:

- Magnesium carbonate
- Maize starch
- Sodium starch glycollate
- Silicon dioxide
- Sodium lauryl sulphate
- Magnesium stearate
- Hypromellose (film coat)
- Macrogol (film coat)
- Titanium dioxide (film coat)
- Purified talc (film coat)

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## If you want to know more

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Should you have any questions regarding this product, please contact your pharmacist or doctor.

### **Who supplies this medicine**

Atenolol Viatris is supplied in New Zealand by:

Viatris Ltd  
PO Box 11-183  
Ellerslie  
AUCKLAND  
[www.viatris.co.nz](http://www.viatris.co.nz)  
Telephone 0800 168 169

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## Date of Preparation

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27 July 2021  
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