

**ATENOLOL TABLETS, USP**  
***Atenolol 50 mg and 100 mg Tablets***



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**What is in this leaflet**

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This leaflet answers some common questions about ATENOLOL tablets USP. It does not contain all the information available on this medicine. 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 tablets, USP, against the benefits they expect it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet. You may want to read it again.

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**What ATENOLOL tablets, USP, are used for and how they work**

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Your ATENOLOL tablets, USP, contain the active ingredient atenolol.

ATENOLOL tablets, USP, belong to a group of medicines known as beta-blockers. They work by changing the body's response to some nerve impulses, especially in the heart. ATENOLOL tablets, USP, decrease the heart's need for blood and oxygen and therefore reduce the amount of work the heart has to do. They also widen the blood vessels in the body, causing blood pressure to fall. They also help the heart beat more regularly.

ATENOLOL tablets, USP, are 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).

Your doctor may, however, prescribe ATENOLOL tablets, USP, for another reason. Ask your doctor if you have any questions about why ATENOLOL tablets, USP, have been prescribed for you.

There is no evidence that ATENOLOL tablets, USP, are addictive.

ATENOLOL tablets, USP are available on prescription from your doctor.

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**Before you take ATENOLOL tablets, USP**

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***When you must not take it***

Do not take ATENOLOL tablets, USP, if you:

- are allergic to atenolol or any other ingredients listed at the end of this leaflet
- have asthma, wheezing or difficulty breathing, or a history of lung problems
- have a history of allergic problems, including hayfever
- have a severe blood vessel disorder causing poor circulation in the arms and legs
- have certain other heart problems
- have a very slow heart beat, less than 45-50 beats per minute
- have low blood pressure, also called hypotension
- have too much acid in your blood, also called metabolic acidosis
- have a phaeochromocytoma (a rare tumour of the adrenal gland) which is not already being treated with other medicines
- have a certain type of angina called Prinzmetal's angina.

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

### ***Before you take it***

Tell your doctor if you:

- have allergies to any other medicines, including eye drops, or other beta-blocker medicines
- are pregnant or intend to become pregnant
- are breastfeeding or planning to breastfeed
- plan to have surgery
- suffer from other heart problems
- have diabetes
- have a kidney problem
- have an overactive thyroid
- have phaeochromocytoma (a rare tumour of the adrenal gland) that is being treated
- have a medical condition affecting your blood vessels.

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

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop, tell your doctor or pharmacist.

Medicines that may interfere with ATENOLOL tablets, USP, 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 eg. disopyramide, lignocaine, amiodarone, digoxin, clonidine, hydralazine, diltiazem, verapamil, and nifedipine
- Medicines commonly used in emergency situations eg. adrenalin and certain anaesthetics
- Medicines used to treat arthritis, pain or inflammation such as ibuprofen or indomethacin.

These medicines may be affected by ATENOLOL tablets, USP, or may affect how well ATENOLOL tablets, USP, work. You may need different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking ATENOLOL tablets, USP.

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## **How to take ATENOLOL tablets, USP, properly**

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

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

The usual dose of ATENOLOL tablets, USP, is 50 to 100 mg daily as a single dose.

Do not halve the 100 mg tablet. The 50 mg tablet may be halved, if required.

It usually takes 1 to 2 weeks before the full effect of ATENOLOL tablets, USP, is noticed.

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 long to take it***

To properly control your condition, ATENOLOL tablets, USP, must be taken every day. Continue taking ATENOLOL tablets, USP, for as long as your doctor prescribes.

### ***If you forget a dose***

If it is less than six hours from when you missed your dose, take it as soon as you remember, and then go back to taking your tablets at the same time you would normally. If it is more than six hours since your last dose, skip the dose you missed and take your next dose when you would normally. Do not take a double dose to make up for the dose you missed. If you are not sure what to do, ask your doctor or pharmacist.

Taking your medicine at the same time each day will have the best effect. It may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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## **While you are taking ATENOLOL tablets, USP**

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**Tell all doctors, dentists and pharmacists who are treating you that you are taking ATENOLOL tablets, USP.**

**Tell your doctor or pharmacist that you are taking ATENOLOL tablets, USP, before you start any new medicine.**

**Tell your doctor immediately if you become pregnant while taking ATENOLOL tablets, USP.**

**Tell your doctor immediately if you have a severe allergic reaction to foods, medicines or insect stings.** If you have a history of allergies there is a chance that ATENOLOL tablets, USP, may cause allergic reactions to be worse or harder to treat.

**Tell your doctor if you develop a skin rash or hives while taking ATENOLOL tablets, USP.**

**If you are going to have surgery (even at the dentist), tell the surgeon or anaesthetist that you are taking ATENOLOL tablets, USP.**

**If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor.** ATENOLOL tablets, USP, 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 tablets, USP, 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 tablets, USP, 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 tablets, USP. This is because your blood pressure is falling suddenly. **If this problem gets worse or continues, talk to your doctor.**

If you are going to have any medical tests, tell your doctor that you are taking ATENOLOL tablets, USP.

Do not take ATENOLOL tablets, USP, to treat any other complaints unless your doctor tells you to.

Do not stop taking ATENOLOL tablets, USP, or lower the dose without first checking with your doctor.

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

ATENOLOL tablets, USP, may cause dizziness or tiredness in some people. Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that ATENOLOL tablets, USP, do not affect your performance.

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## Side effects

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Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking ATENOLOL tablets, USP.

All medicines can have some unwanted 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.

**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.

These side effects are usually mild effects of atenolol.

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

- Dizziness or lightheadedness, 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

**Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:**

- 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.

These are very serious side effects. If you have them, you may have had a serious allergic reaction to ATENOLOL tablets, USP. You may need urgent medical attention or hospitalisation.

All of these side effects are very rare.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

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

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## In case of overdose

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You should only take the number of tablets that you have been told.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any ATENOLOL tablets, USP, by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of ATENOLOL tablets, USP, with you if you can.

Keep telephone numbers for these places handy.

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## Storage conditions

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Do not take this medicine after the expiry date, if shown on the label.

Keep your ATENOLOL tablets, USP, in the container until it is time to take them.

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store ATENOLOL tablets, USP, or any other medicine, in the bathroom or near a sink.

### ***Disposal***

If your doctor tells you to stop taking ATENOLOL tablets, USP, or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

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## Product Description

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### ***What ATENOLOL tablets, USP look like***

ATENOLOL tablets, USP, 50 mg tablets are white round uncoated tablets with 'M' imprinted on one side, and '231' over a score line on the other side of the tablet.

ATENOLOL tablets, USP, 100 mg tablets are white round uncoated tablet with 'M' imprinted on one side and '757' imprinted on the other side of the tablet.

### ***Ingredients***

Each ATENOLOL tablets, USP contains the active ingredient, atenolol.

Each tablet also contains colloidal silicone dioxide, magnesium stearate, microcrystalline cellulose, sodium lauryl sulfate, sodium starch glycollate.

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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 doctor or pharmacist.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11183,  
Ellerslie,  
Auckland.

Telephone: (09) 579 2792

### ***Date of information***

27 May 2010 (based on datasheet dated 27 May 2010)