

**COMMERCIALY AVAILABLE DOSAGE  
FORMS AND STRENGTHS**

- Tablets in 10mg, 40mg and 160mg.

*Your hospital pharmacy will advise you if they manufacture any additional dosage forms to the above.*

*IF YOU HAVE ANY CONCERNS CONTACT*

*Your child's doctor*

OR



**Pharmacy Department**  
*Royal Children's Hospital*  
9345 5492

*IN CASE OF OVERDOSE OR POISONING  
CONTACT*

*POISONS INFORMATION CENTRE ON*

**13 11 26**

# ***About your medication***

**PROPRANOLOL**

**( Deralin<sup>®</sup> , Inderal<sup>®</sup> )**

## WHAT IS PROPRANOLOL?

Propranolol is a medication known as a beta-blocker. It is available only on a doctor's prescription.

## WHAT IS IT FOR?

It is used for its effect on the pumping action or the rhythm of the heart, or to lower blood pressure. It can also be used to prevent migraine or to treat tremor.

## HOW TO TAKE THIS MEDICATION

It is important that this medication is taken only as directed and not given to other people.

The dose is taken from one to four times a day depending on the condition being treated.

It does not matter whether propranolol is given with food or on an empty stomach.

Treatment is started at low doses and increased at weekly intervals. It may take several weeks before maximum effect is achieved.

## WHAT TO DO IF A DOSE IS MISSED

If you miss a dose of the medication it can be taken as soon as you remember. However, if it is less than 6 hours before the next dose, just take the next dose as normal. Do not double up on any doses.

## STORING THE MEDICATION

It is important to keep propranolol locked away out of the reach of children.

Do not keep the medication in the bathroom, near the kitchen sink or in other damp, warm places because this may make it less effective. If the pharmacy has made a propranolol mixture for a small child, it will need to be kept in the refrigerator.

## USE OF OTHER MEDICATION

Care must be taken when using propranolol with some other medications. Check with your doctor or pharmacist before giving any medicine, including those you buy without a prescription from a pharmacy, supermarket or health food shop.

## IMPORTANT INFORMATION

Propranolol should not be given to asthmatics.

If your child is to have surgery the doctor must be told that propranolol is being taken. It can cause a sudden drop in your child's blood pressure during the surgery.

Your child may occasionally experience dizziness, visual disturbances or fatigue while taking propranolol. Care must be taken with activities like riding bikes or climbing trees, until you know how this medicine will affect your child.

Your doctor will monitor for low blood glucose (sugar) levels when starting propranolol in babies and infants.

Do not stop giving propranolol without first checking with the doctor. The medication should be ceased gradually.

## POSSIBLE SIDE-EFFECTS

Propranolol is usually well tolerated and side effects may last only a short time.

Less serious side effects include:

- nausea, vomiting or diarrhoea
- abdominal pain
- dizziness or fatigue
- cold extremities
- sleep disturbances or nightmares
- skin rash

**Contact your doctor *straight away* or seek medical attention if any of the following side effects occur:**

- **breathing difficulties, cough or wheeze**
- **sweating, nervousness and confusion (all of these are signs of low blood glucose levels in children)**
- **fast heart beat**

If you are worried about any of these side effects or any other effects please contact your child's doctor.