

About your medication

PROPRANOLOL

(DERALIN® 10mg, 40mg, and 160mg
tablets

INDERAL® 10mg, and 40mg tablets)

Other brands may be available

WHAT IS PROPRANOLOL?

Propranolol is a medicine 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. Your child's doctor may have prescribed propranolol for a different reason.

HOW TO TAKE THIS MEDICINE

It is important that this medicine 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 medicine it can be taken as soon as you remember. Do not take it if it is less than 6 hours before the next dose. **Do not double-up on any doses.**

STORING THE MEDICINE

It is important to keep propranolol locked away out of the reach of children. Do not keep the tablets in the bathroom, near the kitchen sink or in other damp, warm places because this may make them less effective. Store in a cool, dry place, away from heat and direct light.

USE OF OTHER MEDICINES

Care must be taken when using propranolol with some other medicines. Check with your child's doctor or pharmacist before giving any prescription medicine or medicine purchased without prescription from a pharmacy, supermarket, or health food shop. This is important for

- Some calcium channel blockers
 - digoxin
 - Some medicines for migraine
 - Some medicines for diabetes
 - warfarin
 - theophylline
 - rifampicin
 - ibuprofen, indomethacin - medicines used to treat pain and inflammation
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This list is not complete. Talk to your child's doctor or pharmacist about possible interactions with any over-the-counter or complementary medicines or recreational substances (e.g.alcohol).

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 child's 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 medicine should be ceased gradually.

POSSIBLE SIDE EFFECTS

Side effects can occur while taking propranolol. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Less serious side effects include:

- nausea (feeling sick), vomiting
- loss of appetite
- diarrhoea, stomach pain, flatulence
- cold hands or feet
- dizziness, tiredness
- rash, flushing
- hair loss

More Serious (Contact doctor *as soon as possible* if any of the following 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

Allergic reaction (Stop medicine and see doctor immediately):

- skin rash, itching or hives, swollen mouth or lips, wheezing or difficulty breathing.

IF YOU HAVE ANY QUESTIONS CONTACT



***Your Child's Doctor via the RCH Switchboard
on 03 9345 5522***

OR

***Pharmacy Department on 03 9345 5492
IN CASE OF POISONING OR OVERDOSE CONTACT
POISONS INFORMATION CENTRE 13 11 26
(24 hour service)***

This leaflet answers some common questions about your child's medicine. It does not contain all available information. It does not take the place of talking to your child's doctor or pharmacist. The leaflet may differ from information in the manufacturer's Consumer Medicine Information. The information in this leaflet reflects the usage of medicine under medical supervision by patients of The Royal Children's Hospital. Medicine may be used in children in different ways or for different reasons than in adults - for more information see the leaflet "[Medicines for Children](#)". This leaflet includes information current at the time of review of the document – OCTOBER 2010.
