New Zealand Formulary
PATIENT INFORMATION

PROPRANOLOL

pro-pran-oh-lol

What does it do?

Propranolol is used to treat some heart problems and high blood pressure. It is also sometimes used for other conditions such as migraines.

Before you start

- Tell your doctor if you have liver or circulation problems, asthma or diabetes.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *propranolol* regularly as directed with a glass of water.
Swallow the slow release (LA) capsules whole.
Measure the liquid carefully with an oral syringe or measuring spoon.
You can take *propranolol* with or without food, but take it the same way each time.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *propranolol* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- diphenhydramine (e.g. Unisom SleepGels®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fainting, lightheaded Swollen feet or legs, short of breath Low mood	Tell your doctor
Tiredness or weakness Trouble sleeping, strange dreams Cold hands and feet, tingling or numbness Changes in sexual function Stomach upset	Tell your doctor if troublesome
Lightheaded or dizzy after standing up	Stand up slowly. If it continues, or is severe, tell your doctor

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop taking *propranolol* without talking to your doctor first.