

















## Propranolol

### This is an easy way to read this word... pro-pran-o-lol

	<p><b>What is this leaflet for?</b></p> <p>This leaflet is to help you understand more about your medicine.</p> <p>Your medicine could look different to the photographs on this leaflet.</p>
	<p><b>What is the medicine called?</b></p> <p>Propranolol is also called Angilol, Syprol, Inderal, Bendranol, Beta Prograne, Lopranol and Slo-Pro.</p> <p>You will see 1 of these names on your prescription.</p> <p>Propranolol could come as tablets, capsules, or as a liquid.</p>
	<p><b>What is propranolol for?</b></p> <p>Propranolol could be used for different reasons.</p> <p>Propranolol is used for high blood pressure.</p> <p>Propranolol is sometimes used for people who have behaviour problems.</p> <p>For example, it could...</p> <ul style="list-style-type: none"><li>• help if you are anxious</li><li>• help calm you down</li><li>• help you feel less angry</li><li>• help you feel less tense.</li></ul>
	<p><b>What will propranolol do?</b></p> <p>Propranolol should help you feel calm and relaxed.</p> <p>It could take some time for propranolol to have its full effect.</p> <p>This effect should reduce your behaviour problem.</p>

	<p>For example, it may...</p> <ul style="list-style-type: none"><li>• help you control your temper</li><li>• help you stop hurting yourself</li><li>• help you stop breaking things.</li></ul>
   	<p><b>What are the side effects of propranolol?</b></p> <p>Side effects are effects medicine can have on your body that are not wanted.</p> <p>Not everyone taking a medicine will get side effects.</p> <p>Many side effects will go away with time.</p> <p>Many side effects are rare.</p> <p><b>You might want to talk to your doctor if you have any side effects.</b></p> <p>For example, these are some side effects of propranolol...</p> <ul style="list-style-type: none"><li>• feeling sleepy and sluggish</li><li>• feeling sick or being sick</li><li>• feeling dizzy when you stand up</li><li>• cold fingers and toes</li><li>• stomach upset</li><li>• having problems sleeping</li><li>• having nightmares</li><li>• headache.</li></ul>

	<p>Some side effects are more serious.</p> <p>You should tell someone straight away if...</p> <ul style="list-style-type: none"><li>• your chest feels tight and you find it hard to breathe</li><li>• your eyes feel dry</li><li>• you have a very slow pulse (under 50 beats per minute)</li><li>• you have a rash on your skin or your skin feels itchy.</li></ul>
   	<p><b>How and when do I take propranolol?</b></p> <p>The label on your propranolol packet should tell you when to take your medicine.</p> <p>The label should tell you how much medicine you should take.</p> <p>You should follow these instructions carefully.</p> <p>You should swallow your tablet or capsule with water...</p> <p>Or...</p> <p>Measure and swallow your liquid.</p> <p>If you forget to take your medicine, tell someone straight away.</p> <p>You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink.</p> <p>You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.</p> <p>You should talk to your doctor before you stop taking your medicine.</p>

	<h3>What do I need to know about propranolol?</h3> <p>Drinking alcohol whilst taking propranolol could make you feel drowsy.</p> <p>Some medicines do not work well together.</p> <p>You should tell your doctor about any other medicines you are taking.</p>
	<h3>Where can I get more information?</h3> <p>This leaflet does not tell you everything about propranolol.</p> <p>If you want more information about propranolol...</p> <ul style="list-style-type: none"><li>• you can ask your pharmacist, doctor or nurse for more information</li><li>• you can ask your carer to get more information</li><li>• you can phone NHS Direct on 0845 4647</li><li>• you can phone a medicine information helpline on 020 3228 2999.</li></ul>

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It can be downloaded from [www.ld-medication.bham.ac.uk](http://www.ld-medication.bham.ac.uk).

The information in this leaflet came from...

- the British National Formulary ([www.bnf.org](http://www.bnf.org))
- the United Kingdom Psychiatric Pharmacy Group Patient Advisory Leaflets ([www.ukppg.org.uk/ukppg-pals.html](http://www.ukppg.org.uk/ukppg-pals.html)).