

PACKAGE LEAFLET: INFORMATION FOR THE USER
TENORMIN® 50mg FILM-COATED TABLETS
(atenolol)

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

The name of your medicine is Tenormin 50mg Film-Coated Tablets but will be referred to as Tenormin throughout this leaflet.

In this leaflet:

1. What Tenormin is and what it is used for
2. Before you take Tenormin
3. How to take Tenormin
4. Possible side effects
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6. Further information

1. What Tenormin is and what it is used for

Tenormin contains a medicine called atenolol. This belongs to a group of medicines called beta-blockers. Tenormin is used to:

- Treat high blood pressure (hypertension).
- Help prevent chest pain (angina).
- Treat uneven heart beats (arrhythmias).
- Protect the heart in the early treatment after a heart attack (myocardial infarction).
- Help prevent another heart attack from happening.

It works by making your heart beat more slowly and with less force.

2. Before you take Tenormin

Do not take Tenormin if:

- You are allergic (hypersensitive) to atenolol or any of the other ingredients in your medicine (see Section 6: Further information).
- You have ever had any of the following heart problems:
 - heart failure which is not under control (this usually makes you breathless and causes your ankles to swell)
 - second- or third-degree heart block (a condition which may be treated by a pacemaker)
 - very slow or very uneven heart beats, very low blood pressure or very poor circulation.
- You have a tumour called pheochromocytoma that is not being treated. This is usually near your kidney and can cause high blood pressure.
- You have been told that you have higher than normal levels of acid in your blood (metabolic acidosis).

Do not take Tenormin if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Tenormin.

Take special care with Tenormin

Check with your doctor or pharmacist before taking Tenormin if:

- **You have asthma, wheezing or any other similar breathing problems, or you get allergic reactions, for example to insect stings. If you have ever had asthma or wheezing, do not take this medicine without first checking with your doctor.**
- You have a type of chest pain (angina) called Prinzmetal's angina.
- You have poor blood circulation or controlled heart failure.
- You have first-degree heart block.
- You have diabetes. Your medicine may change how you respond to having low blood sugar. You may feel your heart beating faster.

- You have thyrotoxicosis (a condition caused by an overactive thyroid gland). Your medicine may hide the symptoms of thyrotoxicosis.
- You have kidney problems. You may need to have some check-ups during your treatment.
- You have psoriasis (a skin condition).

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Tenormin.

Taking other medicines

Please tell your doctor or pharmacist if you are taking, or have recently taken, any other medicines. This includes medicines that you buy without a prescription and herbal medicines. This is because Tenormin can affect the way some other medicines work and some medicines can have an effect on Tenormin.

In particular, tell your doctor if you are taking any of the following medicines:

- Water tablets (diuretics), guanethidine, reserpine or other medicines for high blood pressure.
- Clonidine (for high blood pressure or migraine). If you are taking clonidine and Tenormin together, do not stop taking clonidine unless your doctor tells you to do so. If you have to stop taking clonidine, your doctor will give you careful instructions about how to do it.
- Verapamil, diltiazem and nifedipine (for high blood pressure or chest pain).
- Disopyramide, quinidine or amiodarone (for an uneven heart beat).
- Digoxin (for heart problems).
- Adrenaline, also known as epinephrine (a medicine that stimulates the heart).
- Lidocaine, procainamide and noradrenaline, also known as norepinephrine (for heart problems).
- Ibuprofen or indometacin (for pain and inflammation).
- Insulin or medicines that you take by mouth for diabetes.
- Medicines to treat nose or sinus congestion or other cold remedies (including those you can buy in the pharmacy).

Operations

If you go into hospital to have an operation, tell the anaesthetist or medical staff that you are taking Tenormin. This is because you can get low blood pressure (hypotension) if you are given certain anaesthetics while you are taking Tenormin.

Pregnancy and breast-feeding

Talk to your doctor before taking Tenormin if you are pregnant, may become pregnant or are breast-feeding.

Driving and using machines

- Your medicine is not likely to affect you being able to drive or use any tools or machines. However, it is best to wait to see how your medicine affects you before trying these activities.
- If you feel dizzy or tired when taking this medicine, do not drive or use any tools or machines.

Important information about some of the ingredients of Tenormin

Tenormin contains glycerol which can cause headache, stomach upsets and diarrhoea.

3. How to take Tenormin

Always take Tenormin exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

- Your doctor will tell you how many tablets to take each day and when to take them. Read the label on the carton to remind you what the doctor said.
A translation of days of the week on blister is as follows:
Greek: ΔΕΥ ΤΡ ΤΕΤ ΠΕΜ ΠΑΡ ΣΑΒ ΚΥΡ
English: MON TUE WED THU FRI SAT SUN
- Swallow your Tenormin tablet whole with a drink of water.
- Try to take your tablet at the same time each day.

Adults

Your doctor will decide how much Tenormin you should take each day, depending on your condition. The dose is normally taken once a day.

- **High blood pressure (hypertension):** the usual dose is 50mg to 100mg a day.
- **Chest pain (angina):** the usual dose is 50mg to 100mg a day or 50mg twice a day.
- **Uneven heart beats (arrhythmias):** the usual dose is 50mg to 100mg a day.
- **The early treatment of a heart attack (myocardial infarction):** the usual dose is 50mg twice a day. Your doctor may then change this to 100mg once a day.
- **To help prevent another heart attack:** the usual dose is 100mg a day.

Elderly people

If you are an elderly person your doctor may decide to give you a lower dose, particularly if you have problems with your kidneys.

People with kidney problems

If you have severe problems with your kidneys, your doctor may ask you to take Tenormin less often.

Children

Your medicine must not be given to children.

If you take more Tenormin than you should

If you take more Tenormin than prescribed by your doctor, talk to a doctor or go to a hospital straight away. Take the medicine pack with you so that the tablets can be identified.

If you forget to take Tenormin

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose.

If you stop taking Tenormin

Do not stop taking Tenormin even if you are feeling well, without talking to your doctor. Then only do so gradually. Your doctor will tell you how to do this.

4. Possible side effects

Like all medicines, Tenormin can cause side effects, although not everybody gets them. The following side effects may happen with this medicine.

Allergic reactions:

If you have an allergic reaction, see a doctor straight away. The signs may include raised lumps on your skin (weals), or swelling of your face, lips, mouth, tongue or throat.

Common (affects less than 1 in 10 people)

- You may notice that your pulse rate becomes slower while you are taking the tablets. This is normal, but if you are concerned please tell your doctor about it.
- Cold hands and feet.
- Diarrhoea.
- Feeling sick (nausea).
- Feeling tired.

Uncommon (affects less than 1 in 100 people)

- Disturbed sleep.

Rare (affects less than 1 in 1,000 people)

- Heart block (which can cause an abnormal heart beat, dizziness, tiredness or fainting).
- Numbness and spasm in your fingers which is followed by warmth and pain (Raynaud's disease).
- Mood changes.
- Nightmares.
- Feeling confused.
- Changes in personality (psychoses) or hallucinations.
- Headache.
- Dizziness (particularly when standing up).
- Tingling of your hands.
- Being unable to get an erection (impotence).

- Dry mouth.
- Dry eyes.
- Disturbances of vision.
- Thinning of your hair.
- Skin rash.
- Reduced numbers of platelets in your blood (this may make you bruise more easily).
- Purplish marks on your skin.
- Jaundice (causing yellowing of your skin or the whites of your eyes).

Very rare (affects less than 1 in 10,000 people)

- Changes to some of the cells or other parts of your blood. Your doctor may take blood samples every so often to check whether Tenormin has had any effect on your blood.

Conditions that may get worse

If you have any of the following conditions, they may get worse when you start to take your medicine. This happens rarely affecting less than 1 in 1,000 people.

- Psoriasis (a skin condition).
- Being short of breath or having swollen ankles (if you have heart failure).
- Asthma or breathing problems.
- Poor circulation.

Do not be concerned by this list of side effects. You may not get any of them. If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Tenormin

- Keep your medicine in a safe place where children cannot see or reach it. Your medicine could harm them.
- Do not use your tablets after the expiry date which is stated on the blister strip and carton label after 'Exp'. The expiry date refers to the last day of that month.
- Do not store above 25°C. Store your tablets in the original package. Keep the blister strip in the carton. This will protect your medicine from light and moisture.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines that are no longer required. These measures will help to protect the environment.

6. Further information

What Tenormin contains

The active substance is atenolol.

Each tablet contains 50mg of atenolol.

The other ingredients are gelatin, magnesium carbonate heavy, magnesium stearate, hypromellose, sodium laurilsulfate, maize starch, glycerol and titanium dioxide (E171).

What Tenormin looks like and contents of the pack

Tenormin are white, round, biconvex, film-coated tablets, impressed with Tenormin 50 on one face.

They come in a blister strips containing 28 tablets.

Manufactured by: AstraZeneca UK Limited, Macclesfield, Cheshire, UK.

Procured from within the EU and repackaged by PPA holder: B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 ONU, UK.

Tenormin® 50mg Film-Coated Tablets
PPA No: 1328/110/2

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Leaflet date: 04.07.2013

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