

# BETALOC<sup>®</sup> TABLETS

Metoprolol tartrate

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## Consumer Medicine Information

Name of consumer

Address of consumer

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### What is in this leaflet

This leaflet answers some of the common questions people ask about **BETALOC TABLETS**. It does not contain all the information that is known about **BETALOC**.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor will have weighed the risks of you taking **BETALOC** against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

### What BETALOC is for

**BETALOC** belongs to a group of medicines called beta-blockers. It works by affecting the body's response to some nerve impulses, especially in the heart.

As a result, it decreases the heart's need for blood and oxygen and therefore reduces the amount of work the heart has to do. It also widens the blood vessels in the body, as well as helping the heart to beat more regularly.

**BETALOC** tablets are used to

- lower high blood pressure, also called hypertension
- prevent angina
- treat or prevent heart attacks, or reduce your risk of heart complications following a heart attack
- prevent migraine headaches

Your doctor may have prescribed this medicine for another reason.

Your doctor will have explained why you are being treated with **BETALOC** and told you what dose to take.

**BETALOC** may be used either alone or in combination with other medicines to treat your condition.

**Follow all directions given to you by your doctor carefully.**

They may differ from the information contained in this leaflet.

Ask your doctor if you have any questions about why **BETALOC** has been prescribed for you.

**BETALOC** is not addictive

### Before you take BETALOC

#### ***When you must not take it***

**Do not take BETALOC tablets if:**

**1. you are pregnant or intend to become pregnant**  
**BETALOC** may affect your baby if you are given it early in pregnancy or in the last weeks before your baby is due.

**2. you are breast-feeding or plan to breast-feed**  
**BETALOC** passes into breast milk and therefore there is a possibility that the breast-fed baby may be affected.

**Do not use BETALOC if the expiry date (EXP) printed on the pack has passed.**  
It may have no effect at all, or worse, an entirely unexpected effect if it is used after the expiry date.

**Do not use BETALOC if the packaging is torn or shows signs of tampering.**

**Do not give BETALOC to children.**

The safety and effectiveness of **BETALOC** in children has not been established.

## ***Before you start to take it***

### **You must tell your doctor if:**

#### **1. you have any allergies to**

- **BETALOC** or any of the ingredients listed at the end of this leaflet.
- any other medicine or other beta-blocker medicines
- any other substances, such as foods, preservatives or dyes

#### **2. you have any of these medical conditions**

- asthma
- diabetes
- an overactive thyroid gland
- liver problems
- kidney problems
- certain types of angina
- any other heart problems
- phaeochromocytoma

**If you have not told your doctor about any of these things, tell them before you take BETALOC.**

## ***Taking other medicines***

### **Tell your doctor if you are taking any other medicines, including**

- other beta-blocker medicines, including beta-blocker eye drops.
- medicines used to treat high blood pressure or angina
- medicines used to treat heart problems
- insulin and tablets used to treat diabetes
- medicines used to treat depression
- medicines that you buy without a prescription at the chemist, supermarket or health food shop.

These medicines may be affected by **BETALOC** or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking **BETALOC**.

If you have not told your doctor about any of these things, tell them before you take any **BETALOC**.

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## **Taking BETALOC**

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### ***How much to take***

#### **For high blood pressure:**

The usual starting dose is one 50mg or 100mg tablet once a day for one week.

The dose is then usually increased to 50mg or 100mg once or twice daily.

Your doctor may tell you to take a different amount of **BETALOC**.

**Follow your doctor's instructions carefully.**

If you are taking other prescription medicines which lower blood pressure, your doctor may need to change the dose of them to obtain the best results for you.

#### **For angina pectoris:**

The usual dose is 50mg or 100mg taken two or three times a day.

#### **After myocardial infarction:**

The usual dose is 100mg taken twice a day, often starting with a lower dose for 2 days.

#### **For migraine prevention:**

The usual dose is 50mg to 75mg taken twice a day (100-150mg a day).

#### **DO NOT STOP TAKING BETALOC TABLETS**

**SUDDENLY.** The dose needs to be reduced slowly over 7 to 14 days to make sure that your condition does not get worse.

## ***If you forget to take it***

**If it is almost time for your next dose (within 6 hours), skip the dose you missed and take your next dose when you are meant to.** Otherwise, take it as soon as you remember, and then go back to taking your tablets as you would normally.

**Do not take a double dose to make up for the dose that you missed.**

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

## ***Overdose***

**Telephone your doctor, the Poisons Information Centre (13 11 26) or go to Accident and Emergency at your nearest hospital immediately if you think that you or anyone else may have taken too much BETALOC. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

If you take too many **BETALOC** tablets your blood pressure may drop too far. You will feel faint or faint, and your heart rate will also slow down. You may also have nausea, vomiting, and convulsions. In extreme cases, serious heart and lung problems may occur.

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## **While you are using BETALOC**

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### ***Things you must do***

**Be sure to keep all of your doctor's appointments so that your progress can be checked.** Elderly patients especially need to be monitored to stop their blood pressure falling too far.

**If you become pregnant while taking BETALOC, tell your doctor.**

**If you have a severe allergic reaction to foods, medicines or insect stings, tell your doctor immediately.**

If you have a history of allergies, there is a chance that **BETALOC** may cause allergic reactions to be worse and harder to treat.

**If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.**

You may feel light-headed or dizzy when you begin to take **BETALOC**. This is because your blood pressure has fallen suddenly.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem gets worse or continues, talk to your doctor.

**Make sure you drink enough water during exercise and hot weather when you are taking BETALOC, especially if you sweat a lot.**

If you do not drink enough water while taking **BETALOC**, you may feel faint or light headed or sick. This is because your blood pressure is dropping too much. If you continue to feel unwell, tell your doctor.

**If you plan to have surgery (even at the dentist) that needs a general anaesthetic, tell your doctor or dentist that you are taking BETALOC.**

Your blood pressure may drop suddenly if **BETALOC** interacts with the anaesthetic.

**If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor.**

**BETALOC** may change how well your diabetes is controlled. It may also cover up some of the symptoms of low blood sugar (hypoglycaemia). **BETALOC** may increase the time your body takes to recover from low blood sugar. Your doses of diabetic medicines, including insulin, may need to change.

**If you have to have any medical tests while you are taking BETALOC, tell your doctor.**

**BETALOC** may affect the results of some tests.

**Tell any doctors, dentists, and pharmacists who are treating you that you are taking BETALOC.**

**Things you must not do**

**Do not stop taking BETALOC without checking with your doctor.**

Your doctor may want you to gradually reduce the amount of **BETALOC** you are taking before stopping completely. This may help reduce the possibility of your condition getting worse.

**Do not give BETALOC to anyone else even if they have the same condition as you.**

**Do not use BETALOC to treat any other complaints unless your doctor tells you to.**

**Things to be careful of**

**Be careful driving or operating machinery until you know how BETALOC affects you.**

As with other beta-blocker medicines, **BETALOC** may cause dizziness, light-headedness, tiredness, or drowsiness in some people. Make sure you know how you react to **BETALOC** before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light-headed.

**Be careful drinking alcohol while you are taking BETALOC.**

Dizziness or light-headedness may be worse.

**Dress warmly during cold weather, especially if you will be outside for a long time (for example when playing winter sports).**

**BETALOC**, like other beta-blocker medicines, may make you more sensitive to cold temperatures, especially if you have circulation problems.

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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking BETALOC.**

**BETALOC** helps most people with high blood pressure, angina pectoris, migraine headache or after myocardial infarction, but it may have unwanted side-effects in a few people.

If you are over 65 years of age you may have an increased chance of getting side effects.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Ask your doctor to answer any questions you may have.**

**Tell your doctor or nurse if you notice any of the following and they worry you:**

- headache, tiredness, drowsiness, weakness, or lack of energy
- aches and pains, painful joints
- nausea (feeling sick), vomiting,
- stomach upset, diarrhoea or constipation, weight gain
- dry mouth, changes in taste sensation
- difficulty sleeping, nightmares
- mood changes
- confusion, short-term memory loss, inability to concentrate
- increased sweating, runny or blocked nose
- hair loss

These side effects are usually mild.

**Tell your doctor or nurse immediately if you notice any of the following:**

- dizziness, lightheadedness or fainting especially on standing up
- tingling or “pins and needles”
- skin rash or worsening of psoriasis
- sunburn happening more quickly than usual
- abnormal thinking or hallucinations
- buzzing or ringing in the ears, deafness
- irritated eyes or blurred vision
- sexual problems

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

**If any of the following happen, tell your doctor or nurse immediately:**

- shortness of breath, being less able to exercise,
- swelling of the ankles, feet or legs
- chest tightness, wheezing, noisy breathing
- chest pain, changes in heart rate or palpitations
- swelling of the face, lips, tongue or throat.
- yellowing of the skin or eyes (jaundice), generally feeling unwell.
- constant “flu-like” symptoms with tiredness or lack of energy

These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are rare.

Some people may get other side effects while being given **BETALOC**.

**Do not be alarmed by this list of possible side effects. You may not experience any of them.**

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## After using it

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### **Storage**

**Keep your tablets in the blister pack until it is time to take them.**

If you take BETALOC out of the blister pack it will not keep well.

**Keep the tablets in a cool dry place where the temperature stays below 30°C.**

**Do not store it or any other medicine in the bathroom or near a sink.**

Heat and dampness can destroy some medicines.

**Keep it where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Do not leave it in the car on hot days.**

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## Disposal

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**Ask your pharmacist what to do with any tablets you have left over if your doctor tells you to stop taking them, or you find that the expiry date has passed.**

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## Product description

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### **What BETALOC looks like**

**BETALOC** tablets are white, biconvex, circular, scored and marked on one side.

The 50mg tablet is marked A/BB and is slightly smaller than the 100mg tablet which is marked A/ME.

## Ingredients

Each **BETALOC** tablet contains: Metoprolol tartrate 50mg or 100mg as the active ingredient, plus Lactose Cellulose - microcrystalline (E 460) Silica - colloidal anhydrous Sodium starch glycollate Povidone Magnesium stearate (E 572)

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## Manufacturer

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AstraZeneca Pty Ltd  
ABN 54 009 682 311  
Alma Road  
**NORTH RYDE NSW 2113**

Australian Registration Number

Betaloc 50mg  
Blister pack of 100 tablets

Aust R 12065

Betaloc 100mg  
Blister pack of 60 tablets

Aust R 12384

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