

READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE

PATIENT MEDICATION INFORMATION

**Pr ATENOLOL
Atenolol Tablets, BP**

Read this carefully before you start taking ATENOLOL and each time you get a refill. This leaflet is a summary and will not tell you everything about this drug. Talk to your healthcare professional about your medical condition and treatment and ask if there is any new information about ATENOLOL.

What is ATENOLOL used for?

ATENOLOL is used to treat high blood pressure (also known as hypertension) in adults. It can be used alone or with other medicines.

ATENOLOL is also used to prevent chest pain (also known as angina) in adults.

How does ATENOLOL work?

ATENOLOL belongs to a group of drugs called “beta blockers”. It makes your heart beat more slowly and less forcefully. This medicine does not cure your disease but helps to control it.

What are the ingredients in ATENOLOL?

ATENOLOL 50 mg tablets contain medicinal ingredient: atenolol 50 mg.

Non-medicinal ingredients in alphabetical order: Croscarmellose sodium, magnesium stearate, magnesium trisilicate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, talc, titanium dioxide.

ATENOLOL 100 mg tablets contain medicinal ingredient: atenolol 100 mg.

Non-medicinal ingredients in alphabetical order: Croscarmellose sodium, magnesium stearate, magnesium trisilicate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, talc, titanium dioxide.

ATENOLOL comes in the following dosage forms:

ATENOLOL (atenolol) 50 mg are round, white biconvex, film-coated tablets. Engraved “rph A52” on one side and bisected on the other. Bottles of 100 and 500 tablets.

ATENOLOL (atenolol) 100 mg are round, white biconvex, film-coated tablets. Engraved “rph A51” on one side and bisected on the other. Bottles of 100 tablets.

Do not use ATENOLOL if you:

- are allergic to atenolol or any of the ingredients in ATENOLOL.
- have slow or irregular heartbeats or if you have been told that you have heart block.
- have severe heart damage and your heart is not able to pump enough blood to meet your body's needs.
- have heart failure and you notice that your symptoms are getting worse. For example you feel more tired, are out of breath more often, or have swelling of the ankles.
- have a problem with your heart's electrical conduction (that causes you to have chest pain, difficulty breathing, nausea, fatigue and fainting).
- have low blood pressure.
- have serious problems with blood flow in your feet and legs (peripheral artery disease).
- have loss of sensation with agents that cause heart failure.
- have a condition called pheochromocytoma (a tumour of the adrenal gland).
- have a condition called metabolic acidosis (abnormal levels of acids in your blood).
- are 18 years or younger.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take ATENOLOL. Talk about any health conditions or problems you may have, including if you:

- have a history of heart problems.
- have a history of fainting.
- have asthma or other lung problems (like bronchitis or emphysema).
- have thyroid problems.
- have kidney problems.
- have circulation problems.
- have diabetes and take medicine to control your blood sugar or have low blood sugar (hypoglycemia).
- have ever been told that you suffer from a particular type of chest pain (angina), called Prinzmetal's angina.
- have had allergic reactions or have allergies.
- develop a skin rash while taking ATENOLOL.
- are pregnant, are trying or planning on becoming pregnant. ATENOLOL is not usually recommended for use during pregnancy. Your healthcare professional will consider the benefit to you versus the risk to your unborn baby.
- are breastfeeding. You should not breastfeed while using ATENOLOL.

Other warnings you should know about:

Do not stop taking ATENOLOL suddenly. This could cause chest pain or a heart attack. If your doctor decides that you should stop taking ATENOLOL, your dose may be reduced so that you need to use it less and less before you stop the medication completely.

Tell your doctor if you are going into the hospital for an operation. If you go into the hospital, let the medical staff know and in particular the anaesthetist (if you are having an operation) that you are taking ATENOLOL.

Driving and using machines: Before doing tasks that require special attention, wait until you know how you respond to ATENOLOL.

You may notice that your pulse rate becomes slower while taking ATENOLOL. This is normal but if you are concerned, please talk to your doctor about it.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

The following may interact with ATENOLOL:

- drugs used for lowering blood pressure or treating angina:
 - beta-blockers (such as clonidine)
 - calcium channel blockers (such as verapamil, diltiazem or nifedipine)
 - catecholamine-depleting drugs (such as reserpine or guanethidine)
- drugs used to treat irregular heartbeats (such as disopyramid or amiodarone)
- drugs used to treat heart failure (such as digoxin)
- non-steroidal anti-inflammatory agents (NSAIDs) (such as indomethacine or ibuprofen)
- anesthetic drugs used during surgery
- fingolimod, a drug used to treat multiple sclerosis

How to take ATENOLOL:

Take ATENOLOL:

- exactly as prescribed by your doctor.
- by swallowing the tablet whole with water.
- at the same time each day.

Your doctor:

- will decide how much ATENOLOL you should take each day depending on your condition.
- may add another medicine like a diuretic (water pill) and/or a vasodilator for you to take along with ATENOLOL to treat your high blood pressure.

If you have the impression that the effect of ATENOLOL is too strong or too weak, talk to your doctor or pharmacist as soon as possible.

Do not stop taking ATENOLOL or change your dose without consulting your doctor. This can be dangerous.

Usual adult dose:

High Blood Pressure:

The usual recommended dose is 50 mg to 100 mg taken once a day.

Chest Pain:

The usual recommended dose is 50 mg to 100 mg taken once a day. Up to 200 mg per day may be required in some patients.

Overdose:

If you think you have taken too much ATENOLOL, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Missed Dose:

If you miss a dose, take the dose as soon as you remember. Do not take two doses at the same time.

What are possible side effects from using ATENOLOL?

These are not all the possible side effects you may feel when taking ATENOLOL. If you experience any side effects not listed here, contact your healthcare professional.

Side effects may include:

- cough
- cold fingers and toes
- diarrhea
- dizziness
- dry mouth
- headache
- joint and back pain
- nausea
- tiredness
- trouble sleeping
- vertigo

Serious side effects and what to do about them			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help
	Only if severe	In all cases	
COMMON			
Bradycardia: decreased heart rate that causes you to be dizzy or faint		√	
Chest pain			√
UNCOMMON			
Allergic reactions: rash, swelling of the lips, face or neck, difficulty breathing or speaking			√
RARE			
Heart conduction disorders: feeling lightheaded, dizzy or passing out			√
Hypotension (low blood pressure): dizziness or lightheadedness leading to fainting can occur when changing positions, for example from lying down to standing up		√	
Irregular heart beat or heart palpitations (skipped beats)		√	
Leg swelling from fluid retention		√	
Memory problems		√	
Shortness of breath		√	
Skin reactions: rash	√		
Vision problems	√		

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

Reporting Side Effects

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.

Storage:

Store at room temperature (15° to 25°C).

Protect from light and moisture.

Do not take your tablets after the expiry date on the container.

Keep out of reach and sight of children.

If you want more information about ATENOLOL:

- Talk to your healthcare professional
- Find the full Product Monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website (www.healthcanada.gc.ca).

NOTE: This PATIENT MEDICATION INFORMATION leaflet provides you with the most current information at the time of printing.

This document plus the full Product Monograph prepared for health professionals can be found by contacting the sponsor, Sanis Health Inc., at 1-866-236-4076 or by e-mail at: quality@sanis.com.

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