

PROPRANOLOL

Other names

Bedranol

Drug category

Beta-blocker

Uses

Propranolol is used for headaches, tremor, anxiety, heart rhythm disturbances, high blood pressure and angina.

Available forms

Tablet, liquid, modified release capsule

Some potential side-effects (inform your doctor if you think you have a serious side-effect)

Slow heart rate, tiredness, cold extremities, Raynaud's syndrome, sleep disturbance

Rare: Dizziness, hallucinations

Not to be used if:

Asthma, phaeochromocytoma

Low blood pressure, slow heart rate/heart block, heart failure

Severe liver disease (unless dose reduced)

Contraception, pregnancy and breastfeeding

Should avoid in pregnancy as it may cause growth restriction or slow heart rate in the fetus. Should be avoided when breastfeeding as it may pass into breast milk in small amounts.

Interactions with other drugs

Avoid adrenaline and other vasopressors, anti-arrhythmic drugs, ergotamine, lidocaine, mefloquine, theophyllines. Rizatriptan dose should be reduced from 10mg to 5mg

Monitoring

Monitor heart rate. Monitor lung function if history of asthma or COPD.

How to use it

Day	Morning dose	Evening dose	(Other drugs)
Start date	Nil	40mg	
1 week later	40mg	40mg	
2 weeks later	40mg	80mg	
3 weeks later	80mg	80mg	
After 3 weeks	Continue same dose	Continue same dose	

If 80mg twice daily does not help and you have no side-effects, then it can be increased to a higher dose, and this can be done by adding 40mg every week but the maximum dose should be no more than 240mg per day (120mg twice a day). If reducing it, do this in steps of 80mg every week until stopped.

Modified release propranolol is an alternative option that can be used once daily.

This information is for guidance only. Always read the medicine information leaflet with any new medicine for full details.