

Barbloc

contains the active ingredient pindolol

CONSUMER MEDICINE INFORMATION

What is in this leaflet

This leaflet answers some common questions about Barbloc.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

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

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What Barbloc is used for

Barbloc is used to:

- * lower high blood pressure, also called hypertension
- * prevent angina
- * treat irregular heart beat (arrhythmia).

Hypertension

Everyone has blood pressure. This pressure helps get your blood all around your body. Your blood pressure may be different at different times of the day, depending on how busy or worried you are. You have hypertension (high blood pressure) when your blood pressure stays higher than is needed, even when you are calm and relaxed.

There are usually no symptoms of hypertension. The only way of knowing that you have hypertension is to have your blood pressure checked on a regular basis. You may feel fine and have no symptoms, but eventually hypertension can cause stroke, heart disease and kidney failure.

Angina

Angina is a pain or uncomfortable feeling in the chest, often spreading to the arms or neck and sometimes to the shoulders and back. This may be caused by too little blood and oxygen getting to the heart. The pain of angina is usually brought on by exercise or stress but it can also happen while you are resting. Barbloc helps to prevent angina from happening. It is not used to treat an attack of angina once it starts.

Irregular heart beat

Irregular heartbeat, also known as arrhythmia, means that there is a disturbance of the normal rhythm or beat of the heart. Arrhythmias may be caused by a number of factors, including some heart diseases, an overactive thyroid gland, or chemical imbalances. Barbloc helps to restore the normal rhythm of the heart.

Barbloc belongs to a group of medicines called beta-blockers. It works by affecting the body's response to certain nerve impulses, especially in the heart. As a result, it decreases the heart's need for blood and oxygen and reduces the amount of work that the heart has to do. It also widens the blood vessels in the

rest of the body, causing blood pressure to fall. Barbloc also helps the heart to beat more regularly.

Barbloc can be used alone or in combination with other medicines to treat your condition.

Your doctor may have prescribed Barbloc for another reason. Ask your doctor if you have any questions about why Barbloc has been prescribed for you.

Barbloc is not recommended for use in children, as there is not enough information on its effects in children.

Barbloc is available only with a doctor's prescription.

There is no evidence that Barbloc is addictive.

Before you take Barbloc

When you must not take it

Do not take Barbloc if you are allergic to medicines containing pindolol or any other beta-blocker medicine or any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include skin rash, itching or hives, swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

Do not take Barbloc if you have:

- * lung problems such as asthma, wheezing or difficulty breathing, or a history of lung problems

- * a history of allergic problems, including hayfever
- * a very slow heart beat, less than 45 to 50 beats per minute
- * certain other heart conditions.

Do not take Barbloc if the expiry date (Exp.) printed on the pack has passed.

Do not take Barbloc if the packaging shows signs of tampering or the tablets do not look quite right.

Before you start to take it

Tell your doctor if you have allergies to:

- * any other medicines
- * any other substances, such as foods, preservatives or dyes
- * bee or wasp stings.

Tell your doctor if you are pregnant or plan to become pregnant.

Barbloc may affect your developing baby if you take it during pregnancy. Your doctor will discuss the risks and benefits of taking Barbloc during pregnancy.

Tell your doctor if you are breastfeeding or wish to breastfeed.

Like most beta-blocker medicines, Barbloc is not recommended while you are breastfeeding.

Tell your doctor if you have, or have had, any medical conditions, especially the following:

- * diabetes
- * kidney problems
- * high blood lipid (fat) levels
- * an overactive thyroid gland
- * certain types of angina, such as Prinzmetal angina or variant angina
- * any other heart problem
- * a severe blood vessel disorder causing poor circulation in the arms and legs
- * pheochromocytoma (a rare tumour of the adrenal gland).

Your doctor may want to take special care if you have any of these conditions.

If you have not told your doctor about any of the above, tell them before you start taking Barbloc.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may be affected by Barbloc, or may affect how well it works. These include:

- * other beta-blocker medicines, including eye drops
- * calcium channel blockers, medicines used to treat high blood pressure and angina, e.g. verapamil, diltiazem
- * certain medicines used to treat an irregular heartbeat, e.g. disopyramide, quinidine
- * other blood pressure medication, e.g. clonidine
- * insulin and other medicines used to treat diabetes.

Your doctor can tell you what to do if you are taking any of these medicines.

If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

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

How to take Barbloc

How much to take

Your doctor will tell you how many tablets you need to take each day and when to take them. This depends on your condition, on how you respond to this medicine and whether or not you are taking any other medicines.

For high blood pressure, the usual dose is 15 mg per day but can range from 10 mg to 30 mg per day. Doses above 15 mg should be divided into two or three smaller doses.

For angina, the usual dose is from 7.5 mg to 20 mg each day, divided into three doses.

For irregular heartbeat (arrhythmia), the usual dose is 15 mg to 30 mg each day, divided into three doses.

Patients with kidney problems may need smaller doses.

Follow all directions given to you by your doctor and pharmacist carefully.

How to take Barbloc

Swallow the tablets with a glass of water.

Barbloc tablets can be broken in half if your doctor has prescribed half a tablet.

When to take Barbloc

Take Barbloc at about the same time each day.

If you forget to take Barbloc

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take the missed dose 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 you missed.

If you are not sure what to do, ask your doctor or pharmacist.

If you have any questions about this, check with your doctor or pharmacist.

How long to take *Barbloc* for

Barbloc helps control your condition, but does not cure it, so it is important to take it every day.

Keep taking *Barbloc* for as long as your doctor recommends.

If you take too much *Barbloc* (overdose)

Immediately telephone your doctor, or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much *Barbloc*. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much *Barbloc*, you may feel dizzy, sick (nausea), vomit, have a slow heart beat and even collapse.

While you are taking *Barbloc*

Things you must do

Before starting any new medicine, tell your doctor or pharmacist that you are taking *Barbloc*.

Tell all the doctors, dentists and pharmacists who are treating you that you are taking *Barbloc*.

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

If you have an allergic reaction to a food, another medicine or an insect sting while you are taking *Barbloc*, tell your doctor immediately.

If you have a history of allergies, there is a chance that *Barbloc* may make allergic reactions worse or harder to treat.

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

Barbloc may change how well your diabetes is controlled. It may also prevent some of the warning signs of low blood sugar, such as fast heart beat, and may make low blood sugar last longer. The dose of your diabetes medicines may need to be changed.

If you plan to have surgery, including dental surgery, and will need an anaesthetic, tell your doctor or dentist that you are taking *Barbloc*.

Visit your doctor regularly so they can check on your progress.

Things you must not do

Do not stop taking *Barbloc*, or change the dose, without checking with your doctor.

Stopping *Barbloc* suddenly may worsen your angina or irregular heart beat, or cause other heart problems.

Your doctor may want you to gradually reduce the amount of *Barbloc* you are taking before stopping completely.

Do not let yourself run out of *Barbloc* over the weekend or on holidays.

Do not use *Barbloc* to treat any other conditions unless your doctor tells you to.

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

Things to be careful of

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

Barbloc may cause drowsiness, dizziness or lightheadedness in some people. If any of these occur, do not drive, operate machinery or do anything else that could be dangerous.

Be careful getting up from a sitting or lying position.

Dizziness, lightheadedness or fainting may occur, especially when you get up quickly. Getting up slowly may help.

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

If you do not drink enough water while taking *Barbloc*, you may feel faint or lightheaded or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

Be careful to dress warmly during cold weather, especially if you will be outside for a long time.

Like other beta-blocker medicines, *Barbloc* may make you more sensitive to cold temperatures, especially if you have problems with your blood circulation. These medicines tend to decrease blood circulation in the skin, fingers and toes.

Side effects

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

Like all other medicines, *Barbloc* may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

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

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- * dizziness or lightheadedness, especially when getting up quickly
- * tiredness, lack of energy
- * nausea (feeling sick), vomiting
- * diarrhoea, lower stomach discomfort
- * difficulty sleeping, vivid dreams
- * headache
- * shaking or tremors
- * dry or irritated eyes.

Tell your doctor as soon as possible if you notice any of the following:

- * wheezing, coughing, difficulty in breathing
- * tingling or pins and needles in the hands or feet
- * numbness, coldness or pain in the arms or legs
- * hallucinations (seeing, feeling or hearing things that are not there)
- * depression
- * red, itchy skin, worsening of psoriasis.

If any of the following happen, stop taking Barbloc and tell your doctor immediately, or go to Accident and Emergency at the nearest hospital:

- * swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything that is making you feel unwell.

After taking Barbloc

Storage

Keep Barbloc where children cannot reach it.

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

Keep your tablets in a cool dry place where the temperature stays below 30 degrees C.

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

Do not leave Barbloc in the car or on window sills.

Heat and dampness can destroy some medicines.

Disposal

If your doctor tells you to stop taking Barbloc, or your tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product description

What it looks like

Barbloc comes in 2 strengths of tablets:

- * Barbloc 5 - round, white scored tablet marked PL over 5 on one side and G on the reverse. Each bottle of Barbloc 5 contains 100 tablets
- * Barbloc 15 - round, white scored tablet marked PL over 15 on one side and G on the reverse. Each bottle of Barbloc 15 contains 50 tablets.

Ingredients

The active ingredient in Barbloc is pindolol. Each Barbloc tablet contains 5 mg or 15 mg of pindolol.

The tablets also contain:

- * microcrystalline cellulose
- * pregelatinised maize starch
- * colloidal anhydrous silica
- * magnesium stearate

The tablets are gluten free.

Manufacturer

Barbloc is made in Australia by:

Alphapharm Pty Limited
(ABN 93 002 359 739)
Chase Building 2
Wentworth Park Road
Glebe NSW 2037
Phone: (02) 9298 3999
Medical Information
Phone: 1800 028 365

Australian registration numbers:

Barbloc 5 - Aust R 17589
Barbloc 15 - Aust R 17588

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