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80mg propranolol hydrochloride in long-acting formulation

Helping to get things back together

PREScribing NOTES

Consult data sheet before prescribing.


Presentation: Capsules containing 80mg ('Inderal' LA) or 160mg ('Inderal' LA) propranolol hydrochloride in long-acting formulation.

Dosage and administration: Acute situational anxiety: one capsule daily of Half-Inderal LA.

Generalised anxiety: one capsule daily of Half-Inderal LA, increase to one capsule daily of 'Inderal' LA if required. Continue treatment according to response – review after 6 to 12 months.

Contraindications: 2nd or 3rd degree heart block, cardiogenic shock; bronchoospasm, after prolonged fasting; and in metabolic acidosis.

Precautions: Poor cardiac reserve – avoid in overt heart failure. Bradyarrhythmia. Propranolol modifies tachycardia of hyperthyroidism and may prolong hypoglycaemic response to insulin.

Transfer care, or discontinuation of, clonidine. Co-prescription of Class 1 antiarrhythmics (e.g. disopyramide) or verapamil. Anaesthesia. Pregnancy: Caution of beta-blocker therapy should be gradual in patients with ischaemic heart disease. Parenteral administration of adrenaline. Some reports suggest that in patients with portal hypertension the risk of hepatic encephalopathy may be increased.

Side effects: Cold extremities, nausea, diarrhoea, sleep disturbances, lactate and muscle fatigue are often transient. Isolated cases of pancreatitis of the pancreas. Rarely, bradycardia, thrombocytopenia and purpura. A low incidence of CNS symptoms including hallucinations. Skin rashes and dry eyes have been reported with beta-blockers – consider discontinuation if they occur.


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