

# Propranolol (Inderal<sup>®</sup>, Deralin<sup>®</sup>)

## What is propranolol?

Propranolol belongs to a group of medicines called beta-blockers. It is only available on prescription.

## What is it for?

Propranolol works by affecting the body's response to some nerve impulses, especially in the heart. It is used to treat or prevent conditions such as high blood pressure, angina, irregular heartbeat, migraine or tremors. Your child's doctor may also prescribe propranolol for another reason.

## How to take this medication

It is important this medication is taken only as directed and is not given to other people. Propranolol may be prescribed 1 to 4 times a day, depending on the condition being treated. It does not matter whether propranolol is given with food or on an empty stomach. It is usual for the doctor to start propranolol at a low dose. The doctor may increase the dose at weekly intervals. It may take several weeks before maximum effect is achieved.

## What to do if a dose is missed

Do not try to make up for a missed dose by giving more than one dose at a time, as this can increase the risk of unwanted side effects. If it is almost time for the next dose, skip the missed dose and give the next dose at the usual time.

## Storing the medication

**Store below 30°C.**

It is important to keep propranolol in a secure cupboard out of reach of children.

Do not keep propranolol in the bathroom, near the kitchen sink or in other damp, warm places as this may make the medication less effective.

Do not open the child-resistant bottle until it is time to give the dose.

## Use of other medication

Propranolol can interact with other medications. It is important to ask your doctor or pharmacist before giving any other medication including medicines you buy without a prescription from a pharmacy, supermarket or health food shop.

This is important for warfarin, other heart medications, anti-inflammatories such as ibuprofen, theophylline, and anti-diabetic medicines.



## Important information

Propranolol may cause dizziness, visual disturbances or fatigue. Your child should avoid risky activities until you know how this medicine will affect them.

Propranolol should not be given to children with asthma.

If your child is to have surgery, it is important to notify the doctor that your child is taking propranolol as it can cause a sudden drop in your child's blood pressure during surgery.

Your child will be monitored for low blood glucose levels when starting propranolol.

Do not suddenly stop giving this medicine to your child without first checking with your doctor. If the doctor decides this medicine is no longer required, it must be reduced gradually.

## Possible side effects

Side effects may occur while taking propranolol. Some of these are not serious and will go away with time or after the dose has been reduced. Others are more serious and require you to check with your child's doctor.

Less serious side effects include nausea, vomiting, diarrhoea, abdominal pain, dizziness, fatigue, cold hands or feet, sleep disturbances, nightmares or skin rash.

Contact the doctor immediately if any of the following occur:

- symptoms of allergy including itchy skin rash, swelling of face or tongue, difficulty swallowing or breathing
- extreme tiredness or breathlessness on mild exercise
- wheezing, difficulty breathing or an asthma attack
- sweating, nervousness and confusion (all of these are signs of low blood glucose levels)
- fast heartbeat
- mood changes
- trouble passing urine.

## Dosage forms and strengths

- Tablets in 10mg, 40mg and 160mg.

The PCH Pharmacy Department will advise you if any additional dosage forms are available.

If you have any concerns, contact your child's doctor or the PCH Pharmacy Department.

- Dispensary: 6456 3558 – select option 2
- Paediatric Medicines Information Services: 6456 0190 – select option 1

**In case of overdose or poisoning, contact the Poisons Information Centre on 13 11 26.**



Government of **Western Australia**  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
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