

PRODUCT MONOGRAPH

PrTENORETIC[®]

(atenolol and chlorthalidone tablets USP)

Tablets 50/25 mg and 100/25 mg

Antihypertensive Agent

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Date of Preparation:
September 23, 1993

Date of Revision:
July 12, 2016

Control Number: 190685

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NAME OF DRUG

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(atenolol/chlorthalidone, USP)

Tablets 50/25 mg and 100/25 mg

THERAPEUTIC CLASSIFICATION

Antihypertensive Agent

ACTIONS AND CLINICAL PHARMACOLOGY

TENORETIC (atenolol/chlorthalidone) combines the antihypertensive activity of two agents, a beta-adrenergic receptor blocking agent (atenolol) and a diuretic (chlorthalidone).

Atenolol is a beta₁-selective, beta adrenergic blocking agent, devoid of membrane stabilizing or intrinsic sympathomimetic (partial agonist) activities. It is a racemic mixture and the beta₁ properties reside in the S(-) enantiomer. Beta₁-selectivity decreases with increasing dose.

The mechanism of the antihypertensive effect of atenolol has not been established. Among the factors that may be involved are:

- a) competitive ability to antagonize catecholamine-induced tachycardia at the beta receptor sites in the heart, thus decreasing cardiac output.
- b) inhibition of renin release by the kidneys.
- c) inhibition of the vasomotor centres.

In man atenolol reduces both isoproterenol- and exercise-induced increases in heart rate over the dose range of 50 to 200 mg. At an oral dose of 100 mg the beta₁ blocking effects persist for at least 24 hours; the reduction in exercise-induced heart rate increase being about 32% and 13%, 2 and 24 hours after dosing, respectively. The logarithm of the plasma atenolol level correlates with the degree of beta₁ blockade but not with the antihypertensive effect.

Chlorthalidone, a monosulfonamyl diuretic, increases excretion of sodium and chloride. Natriuresis is accompanied by some loss of potassium. The mechanism by which chlorthalidone reduces blood pressure is not fully known but may be related to the excretion

and redistribution of body sodium. Chlorthalidone usually does not decrease normal blood pressure.

The combination of atenolol with thiazide-like diuretics has been shown to be compatible and generally more effective than either drug used alone as an antihypertensive agent.

Pharmacokinetics

Approximately 40 to 50% of an oral dose of atenolol is absorbed from the gastrointestinal tract, the remainder being excreted unchanged in the feces. Peak plasma concentrations occur 2-4 hours after dosing and are subject to a 4-fold variability. The plasma levels are proportional to dose over the range 50-400 mg and 6 to 16% of atenolol is bound to plasma proteins. The plasma half-life is approximately 6-7 hours.

Approximately 60% of an oral dose of chlorthalidone is absorbed from the gastrointestinal tract and excreted unchanged in the urine. Following a single dose, the peak blood concentration of chlorthalidone occurs after approximately 12 hours and decreases thereafter according to first-order kinetics; the disposition half-life is approximately 50 hours. Approximately 75% of chlorthalidone is bound in plasma.

INDICATIONS AND CLINICAL USE

This fixed combination is not indicated for initial therapy of hypertension. Hypertension requires therapy titrated to the individual patient. It is always better to adjust the dosage of each antihypertensive drug separately, but when the fixed combination corresponds to the optimum drug and dose requirements of the patient, its use may be more convenient in patient management. For further adjustment of dosage, however, it is best to use the individual drugs again. The treatment of hypertension is not static, but must be re-evaluated as conditions in each patient warrant.

TENORETIC (atenolol/chlorthalidone) is indicated for the maintenance therapy of patients with hypertension who require atenolol and chlorthalidone in the dosage and ratios present in TENORETIC.

CONTRAINDICATIONS

TENORETIC (atenolol/chlorthalidone) should not be used in the presence of:

- sinus bradycardia, or bradycardia of other origin
- second and third degree A-V block
- sick sinus syndrome

- right ventricular failure secondary to pulmonary hypertension
- uncontrolled heart failure
- cardiogenic shock
- hypotension
- severe peripheral arterial disorders
- anesthesia with agents that produce myocardial depression
- pheochromocytoma, in the absence of alpha-blockade
- metabolic acidosis
- anuria
- hypersensitivity to atenolol, chlorthalidone or to sulfonamide-derived drugs
- pregnancy or lactation (see WARNINGS, Pregnancy and Use in Lactating Women)

WARNINGS

a) Cardiac Failure

Special caution should be exercised when administering TENORETIC (atenolol/chlorthalidone) to patients with a history of cardiac failure. Sympathetic stimulation is a vital component supporting circulatory function in congestive heart failure and inhibition with beta blockade always carries the potential hazard of further depressing myocardial contractility and precipitating cardiac failure.

In patients without a history of cardiac failure, continued depression of the myocardium with beta-blocking agents over a period of time can, in some cases, lead to cardiac failure. Therefore, at the first sign or symptom of impending cardiac failure, patients should be fully digitalised and/or given additional diuretic and the response observed closely.

Atenolol acts selectively without blocking the inotropic action of digitalis on the heart muscle. However, the positive inotropic action of digitalis may be reduced by the negative inotropic effect of atenolol when the two drugs are used concomitantly. The effects of beta blockers and digitalis are additive in depressing A-V conduction. If cardiac failure continues, despite adequate digitalisation, TENORETIC therapy should be withdrawn immediately and diuretic therapy maintained (see below).

b) Abrupt Cessation of Therapy with TENORETIC

Patients with angina should be warned against abrupt discontinuation of TENORETIC. There have been reports of severe exacerbation of angina and of myocardial infarction or ventricular arrhythmias occurring in patients with angina pectoris, following abrupt discontinuation of beta-blocker therapy. The last two complications may occur with or without preceding exacerbation of angina pectoris. Therefore, when discontinuation of TENORETIC is planned in patients with angina pectoris, the drug should be stopped and immediately replaced with atenolol and a diuretic given separately, so that the dose of atenolol may be gradually reduced over a period of about two weeks while the dose of diuretic is maintained. The same frequency of administration of both drugs should be maintained. The patients should be carefully observed.

In situations of greater urgency, TENORETIC should be discontinued stepwise over a shorter time and under closer observation. If angina markedly worsens or acute coronary insufficiency develops, it is recommended that treatment with TENORETIC be reinstated promptly, at least temporarily.

Since ischemic heart disease may be unrecognized, the above advice should be followed in patients considered to be at risk of having asymptomatic ischemic heart disease.

c) Oculomucocutaneous Syndrome

Various skin rashes and conjunctival xerosis have been reported with beta blockers, including atenolol. A severe syndrome (oculomucocutaneous syndrome) whose signs include conjunctivitis sicca and psoriasiform rashes, otitis, and sclerosing serositis has occurred with the chronic use of one beta-adrenergic blocking agent (practolol). This syndrome has not been observed with atenolol or any other such agent. However, physicians should be alert to the possibility of such reactions and should discontinue treatment with TENORETIC in the event that they occur.

d) Prinzmetal's Angina

Atenolol may increase the number and duration of angina attacks in patients with Prinzmetal's angina due to unopposed alpha-receptor mediated coronary artery vasoconstriction. TENORETIC, therefore, should only be used in these patients with the utmost care.

e) Sinus Bradycardia

Severe sinus bradycardia may occur with the use of atenolol from unopposed vagal activity remaining after blockade of beta₁-adrenergic receptors; in such cases, the dose should be reduced.

f) Thyrotoxicosis

In patients with thyrotoxicosis, possible deleterious effects from long-term use of atenolol have not been adequately appraised. Beta blockade may mask the clinical signs of continuing hyperthyroidism or its complications and give a false impression of improvement. Therefore, abrupt withdrawal of atenolol may be followed by an exacerbation of the symptoms of hyperthyroidism, including thyroid storm. Thiazides may decrease serum PBI levels without signs of thyroid disturbance.

g) Impaired Renal Function

TENORETIC should be used with caution since chlorthalidone may precipitate or increase azotemia. Cumulative effects may develop since both components of TENORETIC are excreted by the kidney. If progressive renal impairment becomes evident, TENORETIC should be discontinued.

When renal function is impaired, clearance of atenolol is closely related to the glomerular filtration rate. However, significant accumulation does not occur until the creatinine clearance falls below 35 mL/min/1.73m².

h) Impaired Hepatic Function

In patients with impaired hepatic function or progressive liver disease, even minor alterations in fluid and electrolyte balance may precipitate hepatic coma. Hepatic encephalopathy, manifested by tremors, confusion and coma, has been reported in association with diuretic therapy, including chlorthalidone.

i) Hypersensitivity Reactions

In patients receiving chlorthalidone, sensitivity reactions may occur with or without a history of allergy or bronchial asthma.

j) Systemic Lupus Erythmatosus

Possible exacerbation of Systemic Lupus Erythmatosus has been reported with thiazide-like diuretics.

k) Pregnancy

Use of TENORETIC is contraindicated during pregnancy.

Atenolol can cause fetal harm when administered to a pregnant woman. Atenolol crosses the placental barrier and appears in the cord blood.

No studies have been performed on the use of atenolol in the first trimester and the possibility of fetal injury cannot be excluded. Administration of atenolol, starting in the second trimester of pregnancy, has been associated with the birth of infants that are small for gestational age.

In a limited number of patients who were given atenolol during the last trimester of pregnancy, low birth weight, neonatal hypoglycemia, bradycardia in the fetus/newborn, and placental insufficiency were observed.

Neonates born to mothers who are receiving atenolol at parturition or breast-feeding may be at risk for hypoglycemia and bradycardia.

Atenolol has been shown to produce a dose-related increase in embryo/fetal resorptions in rats at doses equal to or greater than 50 mg/kg/day or 25 or more times the maximum recommended human dose.

Thiazides cross the placental barrier and appear in cord blood. The use of chlorthalidone during pregnancy may cause fetal or neonatal jaundice, thrombocytopenia and, possibly, other adverse reactions, which have occurred in the adult.

D) Use in Lactating Women

TENORETIC is contraindicated in lactating women.

There is a significant accumulation of atenolol in breast milk.

Neonates born to mothers who are receiving atenolol at parturition or breast-feeding may be at risk for hypoglycemia and bradycardia.

PRECAUTIONS

a) Bronchospastic Disorders

Patients with bronchospastic diseases should, in general, not receive beta-blockers. Due to the relative beta₁-selectivity of atenolol, atenolol may be used with caution in patients with bronchospastic disease who do not respond to, or cannot tolerate, other antihypertensive treatment. Since beta₁-selectivity is not absolute, a beta₂-stimulating agent should be administered concomitantly and the lowest possible dose of atenolol should be used. Despite these precautions, the respiratory status of some patients may worsen, and, in such cases, TENORETIC should be withdrawn.

b) First Degree Heart Block

Due to atenolol's negative effect on A-V conduction time, TENORETIC should be used with caution in patients with first degree block.

c) Peripheral Arterial Circulatory Disorders

TENORETIC may aggravate less severe peripheral arterial circulatory disorders (see CONTRAINDICATIONS).

d) Anaphylaxis - Epinephrine and Beta-Blockers

There may be increased difficulty in treating an allergic type reaction in patients on beta-blockers. In these patients, the reaction may be more severe due to pharmacological effects of beta-blockers and problems with fluid changes. Epinephrine should be administered with caution since it may not have its usual effects in the treatment of anaphylaxis. On the one hand, larger doses of epinephrine may be needed to overcome the bronchospasm, while on the other, these doses can be associated with excessive alpha adrenergic stimulation with consequent hypertension, reflex bradycardia and heart block and possible potentiation of bronchospasm. Alternatives to the use of large doses of epinephrine include vigorous supportive care such as fluids and the use of beta agonists including parenteral salbutamol or isoproterenol to overcome bronchospasm and norepinephrine to overcome hypotension.

e) Diabetes and Patients Subject to Hypoglycemia

TENORETIC should be administered with caution to patients subject to spontaneous hypoglycemia, or to diabetic patients (especially those with labile diabetes) who are receiving insulin or oral hypoglycemic agents. Beta-adrenergic receptor blocking agents may mask the premonitory signs (e.g. tachycardia) and symptoms of acute hypoglycemia. Insulin requirements in diabetic patients may be increased, decreased, or unchanged by chlorthalidone. Diabetes mellitus which has been latent may become manifest during chlorthalidone administration.

f) Elective or Emergency Surgery

It is not advisable to withdraw beta-adrenoceptor blocking drugs prior to surgery in the majority of patients. However, care should be taken when using TENORETIC with anaesthetic agents such as those which may depress the myocardium. Vagal dominance, if it occurs, may be corrected with atropine (1-2 mg i.v.).

Some patients receiving beta-adrenergic blocking agents have been subject to protracted severe hypotension during anesthesia. Difficulty in restarting and maintaining the heartbeat has also been reported.

In emergency surgery, since atenolol is a competitive inhibitor of beta-adrenergic receptor agonists, its effects may be reversed, if necessary, by sufficient doses of such agonists as isoproterenol or norepinephrine.

g) Fluid or Electrolyte Imbalance

Patients receiving chlorthalidone should be carefully observed for clinical signs of fluid or electrolyte imbalance (hyponatremia, hypochloremic alkalosis and hypokalemia). Periodic determination of serum electrolytes should be performed at appropriate intervals. Serum and urine electrolyte determinations are particularly important when the patient is vomiting excessively or receiving parenteral fluids. Warning signs or symptoms of fluid and electrolyte imbalance include dryness of the mouth, thirst, weakness, lethargy, drowsiness, restlessness,

muscle pains or cramps, muscular fatigue, hypotension, oliguria, tachycardia and gastrointestinal disturbances.

Hypokalemia may develop, especially with brisk diuresis, when severe cirrhosis is present, or during concomitant use of corticosteroids or ACTH. Interference with adequate oral electrolyte intake will also contribute to hypokalemia. Hypokalemia can sensitize or exaggerate the response of the heart to the toxic effects of digitalis (e.g., increased ventricular irritability). Hypokalemia may be avoided or treated by use of potassium supplements, potassium-sparing agents or foods with a high potassium content.

Any chloride deficit during chlorthalidone therapy is generally mild and usually does not require specific treatment except under extraordinary circumstances (as in liver disease or renal disease). Dilutional hyponatremia may occur in edematous patients in hot weather; appropriate therapy is water restriction rather than administration of salt except in rare instances when the hyponatremia is life threatening. In actual salt depletion, appropriate replacement is the therapy of choice.

Because calcium excretion is decreased by chlorthalidone, TENORETIC should be discontinued before carrying out tests for parathyroid function. Pathologic changes in the parathyroid glands, with hypercalcemia and hypophosphatemia, have been observed in a few patients on prolonged thiazide therapy; however, the common complications of hyperparathyroidism such as renal lithiasis, bone resorption and peptic ulceration have not been seen.

h) Post-Sympathectomy Patients

The antihypertensive effects of thiazides may be enhanced in the post-sympathectomy patient.

i) Hyperuricemia

Hyperuricemia may occur or acute gout may be precipitated in certain patients receiving chlorthalidone.

j) Ethnic Populations

Atenolol appears to be effective and well-tolerated in most ethnic populations, although the response may be less in black patients than in Caucasians.

k) Use in Children

The safety of use of atenolol in children has not been established; therefore, TENORETIC is not recommended in the pediatric age group.

l) Activities Requiring Mental Alertness

Use of TENORETIC is unlikely to result in any impairment of the ability of patients to drive or operate machinery. However, it should be taken into account that dizziness or fatigue may occur.

m) Geriatric Use

Clinical studies of TENORETIC did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences in responses between elderly and younger patients. In general, dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic renal, or cardiac function, and concomitant diseases or other drug therapy.

n) Drug Interactions

Clonidine

Beta-blockers may exacerbate the rebound hypertension which can follow the withdrawal of clonidine. If the two drugs are co-administered, the beta-blocker should be withdrawn several days before discontinuing clonidine. If replacing clonidine by beta-blocker therapy, the introduction of beta-blockers should be delayed for several days after clonidine administration has stopped. (Also see prescribing information for clonidine).

Reserpine or Guanethidine

Patients receiving catecholamine-depleting drugs, such as reserpine or guanethidine, should be closely monitored because the added beta-adrenergic blocking action of atenolol may produce an excessive reduction of sympathetic activity. TENORETIC should not be combined with other drugs containing beta blockers.

Antihypertensive Peripheral Vasodilator

The combination of TENORETIC with an antihypertensive peripheral vasodilator produces a greater fall in blood pressure than either drug alone. The same degree of blood pressure control can be achieved by lower than usual doses of each drug. Therefore, when using such concomitant therapy, careful monitoring of the doses is required until the patient is stabilized.

Norepinephrine

Thiazides may decrease arterial responsiveness to norepinephrine. This diminution is not sufficient to preclude the therapeutic effectiveness of the pressor agent in therapy.

Tubocurarine

Thiazide diuretics may increase the responsiveness to tubocurarine.

Lithium

Lithium generally should not be given with diuretics because they reduce its renal clearance and add a high risk of lithium toxicity. The Prescribing Information for lithium preparations should be read before use of such preparations with TENORETIC.

Alcohol, Barbituates or Narcotics

Orthostatic hypotension may occur and may be potentiated by alcohol, barbiturates or narcotics.

Antiarrhythmic Agents

Class I anti-arrhythmic drugs (e.g. disopyramide) and amiodarone may have potentiating effect on atrial-conduction time and induce negative inotropic effect.

Calcium Channel Blockers

Combined use of beta-blockers and calcium channel blockers with negative inotropic effects can lead to prolongation of S-A and A-V conduction, particularly in patients with impaired ventricular function, conduction abnormalities, or diminished cardiac output. This may result in severe hypotension, bradycardia and cardiac failure. Concomitant therapy with dihydropyridines, e.g., nifedipine, may increase the risk of hypotension, and cardiac failure may occur in patients with latent cardiac insufficiency. On rare occasions the concomitant administration of intravenous beta adrenergic blocking agents with intravenous verapamil has resulted in serious adverse effects, especially in patients with severe cardiomyopathy, congestive heart failure or recent myocardial infarction.

Digitalis Glycosides

Digitalis glycosides may potentiate the bradycardia of beta blockade.

Non-Steroidal Anti-Inflammatory Agents

The concomitant use of non-steroidal anti-inflammatory agents may blunt the antihypertensive effects of beta-blockers.

Anaesthetic Agents

Anaesthetics can produce a hypotensive state with associated reflex tachycardia. Since beta blockade will inhibit reflex tachycardia, the hypotensive potential of anaesthetic agents is increased with concomitant use of TENORETIC, thus the anaesthetic used should be an agent with as little negative inotropic activity as possible (see CONTRAINDICATIONS and PRECAUTIONS, Emergency or Elective Surgery).

Fingolimod

Concomitant use of fingolimod with beta blockers may potentiate bradycardic effects and is not recommended. Where such co-administration is considered necessary, appropriate monitoring at treatment initiation, i.e. at least overnight monitoring, is recommended.

ADVERSE REACTIONS

Adverse reactions that have been reported with the individual components are listed below:

ATENOLOL

The most serious adverse reactions encountered are congestive heart failure, A-V block and bronchospasm. Bronchospasm may occur in patients with bronchial asthma or a history of asthmatic complaints.

The most common adverse reactions reported in clinical trials with atenolol in 2500 patients are bradycardia (3%), dizziness (3%), vertigo (2%), fatigue (3%), diarrhea (2%) and nausea (3%).

Adverse reactions, occurring with an incidence of less than 1%, grouped by system, are as follows:

Cardiovascular

Heart failure deterioration (see WARNINGS)

Heart block

Palpitations

Lengthening of P-R interval

Chest pain

Lightheadedness

Postural hypotension which may be associated with syncope

Raynaud's phenomenon

Intermittent claudication, or worsening of pre-existing intermittent claudication

Leg pain and cold extremities

Edema

Respiratory

Dyspnea, wheeziness

Cough

Bronchospasm

Central Nervous System

Faintness

Ataxia

Tiredness

Lethargy

Nervousness

Depression

Drowsiness

Vivid dreams

Insomnia

Paresthesia

Headache

Tinnitus

Mood changes

Visual disturbances

Psychoses and hallucinations

Gastrointestinal

Abdominal discomfort, indigestion

Constipation

Anorexia

Miscellaneous

Skin rash

Itchy and/or dry eyes

Psoriasiform skin reactions

Exacerbation of psoriasis

Decreased exercise tolerance

Alopecia

Epistaxis

Flushes

Impotence, decreased libido

Sweating

General body aches

Thrombocytopenia and purpura

POST MARKETING EXPERIENCE

During postmarketing experience with atenolol, cold extremities, gastrointestinal disturbances and fatigue were commonly reported. The following have been reported in temporal relationship to the use of the drug: elevated liver enzymes and/or bilirubin, headache, confusion, nightmares, impotence, Peyronie's disease, psoriasiform rash or exacerbation of psoriasis, purpura, reversible alopecia and thrombocytopenia. Rare cases of hepatic toxicity including intrahepatic cholestasis have been reported. Atenolol, like other beta blockers, has been associated with the development of antinuclear antibodies (ANA) and lupus syndrome.

In a long-term, well controlled trial of 1,627 elderly patients with systolic hypertension, the incidence of dry mouth was significantly higher in patients taking atenolol (12.2%).

Potential adverse reactions

The following adverse reactions have occurred with other beta-blockers but have not been reported with atenolol:

Cardiovascular: pulmonary edema, cardiac enlargement, hot flushes and sinus arrest

<u>Central Nervous System:</u>	aggressiveness, anxiety, short term memory loss, and emotional lability with slightly clouded sensorium
<u>Allergic:</u>	laryngospasm, status asthmaticus and fever combined with aching and sore throat
<u>Dermatological:</u>	exfoliative dermatitis
<u>Ophthalmological:</u>	blurred vision, burning, and grittiness.
<u>Hematological:</u>	agranulocytosis
<u>Gastrointestinal:</u>	mesenteric arterial thrombosis and ischemic colitis

CHLORTHALIDONE

The following adverse reactions have been reported:

Gastrointestinal Reactions

Anorexia
Gastric irritation
Nausea
Vomiting
Cramping
Diarrhea
Constipation
Jaundice (intrahepatic cholestatic jaundice)
Pancreatitis

Central Nervous System Reactions

Dizziness
Vertigo
Paresthesias
Headache

Xanthopsia

Hematologic Reactions

Leukopenia

Agranulocytosis

Thrombocytopenia

Aplastic anemia

Dermatologic-Hypersensitivity Reactions

Purpura

Photosensitivity

Rash

Urticaria

Necrotizing angiitis (vasculitis) (cutaneous vasculitis)

Lyell's syndrome (toxic epidermal necrolysis)

Cardiovascular Reactions

Orthostatic hypotension may occur and may be aggravated by alcohol, barbiturates or narcotics.

Other Adverse Reactions

Hyperglycemia

Glycosuria

Hyperuricemia

Hyponatremia

Muscle spasm

Weakness

Restlessness

Impotence

Hypokalemia

SYMPTOMS AND TREATMENT OF OVERDOSAGE

No specific information is available with regard to overdosage of TENORETIC in humans.

Atenolol: Overdosage with atenolol has been reported with patients surviving acute doses as high as 5 g. One death was reported in a man who may have taken as much as 10 g acutely.

The predominant symptoms reported following atenolol overdosage are lethargy, disorder of respiratory drive, wheezing, sinus pause, and bradycardia. Additionally, common effects associated with overdosage of any beta-adrenergic blocking agent are congestive heart failure, hypotension, bronchospasm, and/or hypoglycemia.

Treatment should be symptomatic and supportive and directed to the removal of any unabsorbed drug by induced emesis, or administration of activated charcoal. Atenolol can be removed from the general circulation by hemodialysis. Further consideration should be given to dehydration, electrolyte imbalance and hypotension by established procedures.

Other treatment modalities should be employed at the physician's discretion and may include:

BRADYCARDIA:

Atropine 1-2 mg intravenously. If there is no response to vagal blockade, give isoproterenol cautiously. In refractory cases, a transvenous cardiac pacemaker may be indicated. Glucagon in a 10 mg intravenous bolus has been reported to be useful. If required, this may be repeated or followed by an intravenous infusion of glucagon 1-10 mg/h depending on response. If no response to glucagon occurs or if glucagon is unavailable, a beta-adrenoceptor stimulant such as dobutamine 2.5 to 10 micrograms/kg/minute by intravenous infusion or isoproterenol 10 to 25 micrograms given as an infusion at a rate not exceeding 5 micrograms/minute may be given, although larger doses may be required.

HEART BLOCK : (second or third degree)

Isoproterenol, transvenous pacemaker.

CONGESTIVE HEART FAILURE:

Digitalize the patient and administer a diuretic. Glucagon has been reported to be useful.

HYPOTENSION:

Vasopressors such as dopamine or norepinephrine. Monitor blood pressure continuously.

BRONCHOSPASM:	A beta ₂ -stimulant such as isoproterenol or terbutaline and/or intravenous aminophylline.
HYPOGLYCEMIA:	Intravenous glucose.
ELECTROLYTE DISTURBANCE:	Monitor electrolyte levels and renal function. Institute measures to maintain hydration and electrolytes.

Based on the severity of symptoms, management may require intensive support care and facilities for applying cardiac and respiratory support.

Chlorthalidone: Symptoms of chlorthalidone overdose include nausea, weakness, dizziness and disturbances of electrolyte balance.

DOSAGE AND ADMINISTRATION

Dosage must be determined for individual patients by titration of each component separately. Where the fixed combination in TENORETIC (atenolol/chlorthalidone) supplies the dosage so determined, the combination product may be used for maintenance therapy.

One TENORETIC tablet once daily can be used to administer up to 100 mg of atenolol and 25 mg of chlorthalidone.

If further lowering of the blood pressure is required, another antihypertensive agent may be added to the regimen.

In patients with renal impairment, the dose of the components should be carefully individualized. Recommendations for dosage adjustments for atenolol and chlorthalidone in renal disease are found in the TENORMIN and Hygroton prescribing information.

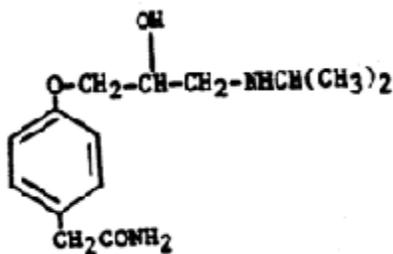
If dosage adjustment is necessary during maintenance therapy, it is advisable to use the individual drugs.

PHARMACEUTICAL INFORMATION

Drug Substances

ATENOLOL

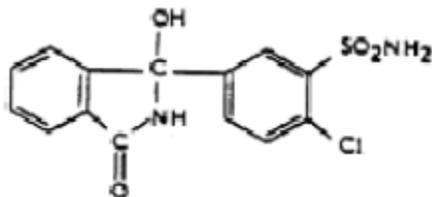
Proper name atenolol
Chemical Name 4-[2'-hydroxy-3'-[(1-methyl-ethyl) amino]propoxy]- benzeneacetamide
Structural Formula



Molecular Weight 266.34
Description White or almost white crystalline powder. A relatively polar hydrophilic compound with a water solubility of 26.5 mg/mL at 37°C and a distribution coefficient (n-octanol/buffer) of 0.015 at pH 7.4 and 37°C; freely soluble in 1N HCl (300 mg/mL at 25°C) and less soluble in chloroform (3 mg/mL at 25°C).

CHLORTHALIDONE

Proper name chlorthalidone
Chemical Name 2-chloro-5-(1-hydroxy-3-oxo-1-isoindolinyl) benzenesulphonamide
Structural Formula



Molecular Weight 338.73
Description White or almost white crystalline powder. Water solubility of 0.27 mg/mL at 37°C

Composition

TENORETIC (atenolol/chlorthalidone 50/25) tablets contain 50 mg atenolol and 25 mg chlorthalidone.

TENORETIC (atenolol/chlorthalidone 100/25) tablets contain 100 mg atenolol and 25 mg chlorthalidone.

Both strengths also include the following inactive ingredients: microcrystalline cellulose, povidone, sodium starch glycolate and magnesium stearate.

Stability and Storage Recommendations

TENORETIC tablets should be protected from light and moisture. Store at 15-25°C.

AVAILABILITY OF DOSAGE FORMS

TENORETIC 50/25 tablets: Each tablet contains 50 mg atenolol and 25 mg chlorthalidone. Available in bottles of 100 tablets: white, round, biconvex tablets scored and impressed with "TENORETIC" on one side and "115" on the other side.

TENORETIC 100/25 tablets: Each tablet contains 100 mg atenolol and 25 mg chlorthalidone. Available in bottles of 100 tablets: white, round, biconvex tablets impressed with "TENORETIC" on one side and "117" on the other side.

PHARMACOLOGY

ATENOLOL/CHLORTHALIDONE Combination

In rats, atenolol administered in combination with chlorthalidone does not interfere with the diuretic action of chlorthalidone or with beta-blocking activity of atenolol.

ATENOLOL

Animal Studies

Chronic studies performed in animals have revealed the occurrence of vacuolation of epithelial cells of Brunner's glands in the duodenum of both male and female dogs at all tested dose levels of atenolol (starting at 15 mg/kg/day or 7.5 times the maximum recommended human dose) and an increased incidence of atrial degeneration of hearts of male rats at 300 but not 150 mg atenolol/kg/day (150 and 75 times the maximum recommended human dose, respectively).

Effects on the Cardiovascular System

In anesthetized cats, atenolol infusion reduces the chronotropic response to isoproterenol and right cardiac sympathetic nerve stimulation.

In anesthetized dogs, atenolol 0.03 mg/kg i.v. depresses the heart rate by 22%, cardiac contractile force by 16% and diastolic blood pressure by 11%.

Studies in rats showed that atenolol was devoid of intrinsic sympathomimetic activity.

Atenolol in concentrations up to 10 mg/mL had no local anesthetic effect on the isolated sciatic nerve of the frog.

Atenolol (5-20 mg/kg i.v.) was without effect on the ventricular tachycardia produced by toxic levels of ouabain in anesthetized dogs. Atenolol (0.2 mg/kg i.v.) protected coronary ligated dogs from the arrhythmogenic activity of adrenaline on the fourth day after ligation (when the cardiac rhythm was predominantly sinus).

Single oral doses of 100 mg atenolol given to volunteers reduced exercise-induced tachycardia by 31% at 4 hours and by 15% at 24 hours after administration. The maximal suppression of the systolic blood pressure response to exercise was 21% at 4 hours.

Effects on Plasma Renin Activity

Studies in hypertensive patients have shown that the antihypertensive effect of atenolol is associated with a decrease in plasma renin activity.

Effects on Pulmonary Function

The effects of a single 100 mg dose of atenolol on forced expiratory volume (FEV₁) and airways resistance (AWR) were assessed in 10 patients with labile asthma. The cardioselective agents tested in this comparative trial, including atenolol, usually had a lesser dose-related effect on airway function than non-selective beta-blockers. Atenolol produced a smaller decrease in FEV₁ than did the non-selective agents and did not inhibit the bronchodilator response to isoprenaline. The decrease in FEV₁ was 8-9%.

Other studies in asthmatic patients have reported similar decreases in FEV₁ with atenolol. Dose-effect comparisons with cardioselective agents have shown a fall in FEV₁ values at the higher doses, indicating some beta₂-blocking effect.

Metabolic Effects

Atenolol did not potentiate the hypoglycemic effects of insulin in 12 patients with diabetes.

CHLORTHALIDONE

Chlorthalidone has been shown to reduce mean diastolic blood pressure in the genetically hypertensive rat and has an effect on norepinephrine vasoconstriction in animal studies.

Hypertension studies with chlorthalidone 12.5-100 mg once daily have shown that the dose-response curve is very flat for all doses above 25 mg. Adequate 24-hour reduction in blood pressure was obtained with the 25 mg dose.

In vivo and *in vitro* studies in rats have shown that chlorthalidone produces an increased excretion of water, sodium, chloride and to a lesser extent, potassium and bicarbonate.

Chlorthalidone has been reported to produce hyperglycemia in the rat following single large doses of the drug.

Chlorthalidone has no effect on renal circulation or glomerular filtration rate.

TOXICOLOGY

Acute Toxicity

<u>Species</u>	<u>Sex</u>	<u>Route</u>	LD ₅₀ mg/kg		LD ₅₀ mg
			<u>Chlorthalidone</u>	<u>Atenolol</u>	atenolol/kg
Mouse	M&F	oral			>3,125
	M&F	i.p.			655
Rat	M&F	oral	>10,000	>5,000	>5,000
	M	i.p.	6,520	268	122
	F	i.p.	3,025	268	233

* The fixed combination contained at 4:1 ratio of atenolol to chlorthalidone.

Six-Month Oral Administration Study in Rats

Atenolol and chlorthalidone alone and in combination were administered by gavage, to groups of 20 male and 20 female CD rats, once a day, 7 days a week for 6 months. Doses per group were 0, atenolol 10, chlorthalidone 2.5, and combination atenolol/chlorthalidone 10/2.5 mg/kg/day.

Results

Increased urine volume for combination treated rats; slight decrease in growth rate for rats treated with atenolol or chlorthalidone alone.

Six Month Oral Administration Study in Dogs

Atenolol and chlorthalidone alone and in combination were administered as tablets in gelatine capsules to groups of 32 female and 32 male beagle dogs, once daily, 7 days a week for 6 months. Same doses as used in the rat study.

Results

Atenolol caused a reduction in heart rate and blood pressure in dogs receiving atenolol alone or in combination. Chlorthalidone alone or in combination was associated with a decrease in serum potassium levels. In dogs dosed with the combination a lower mean prostate weight was observed.

Chronic Toxicity Studies (1 year)

No 12 month studies have been conducted for chlorthalidone alone or in combination with atenolol.

ATENOLOL

Species	Strain	M	F	mg/kg/day	Route	Duration (mo)	Effect
Dog	Beagle	20	20	0,50,100,200	oral	12	Decreased heart rate. Prolongation of PR interval on ECG. Vacuolation of epithelial cells of duodenal Brunner's glands: 5/10 low dose, 2/10 middose, 7/10 high dose. One high dose female died.
Dog	Beagle	15	15	0,15	oral	12	Vacuolation of epithelium 200 of Brunner's glands 9/10 high dose; 1/10 low dose.

Teratology and Reproduction Studies

Combination (Atenolol/Chlorthalidone)

Species	Free combination dosage	Period of administration	Signs of toxicity
Rats	up to 300 mg/kg/day(4:1 atenolol:CHT)	days 6-15 of pregnancy	nervousness, decreased weight gain, decreased food consumption, two deaths (at high dose level only).
Rabbits	up to 25 mg/kg/day (4:1 atenolol:CHT)	days 6-18 of pregnancy	no observed malformations
Rabbits	up to 200 mg/kg/day (4:1 atenolol:CHT)	days 6-18 of pregnancy	slight decrease in weight gain; dose-related increase in the numbers of embryonic resorptions.

Atenolol

Atenolol associated malformations were not observed when atenolol was administered at oral doses of up to 200 mg/kg/day, days 6-15 of gestation in rats or at doses of up to 25 mg/kg/day, days 6-18 of gestation in rabbits. Dose levels of 50 or more mg/kg/day were, however, associated with an increased incidence of resorptions in rats. Although a similar effect was

not seen in rabbits, it should be noted that the compound was not evaluated in rabbits at doses above 25 mg/kg/day. Atenolol, administered at doses of up to 200 mg/kg/day, for 11 weeks prior to mating in males or 2 weeks prior to mating in females, did not adversely affect fertility of male or female rats. Growth or survival of offspring were not affected when pregnant females were exposed at 200 mg/kg/day from day 15 of gestation to day 21 post partum.

Chlorthalidone

Administration of various doses of chlorthalidone to pregnant mice, rats, hamsters and rabbits did not affect litter size, fetal body weight or the number of resorptions.

Carcinogenicity Studies

Carcinogenicity studies have not been carried out with the combination or chlorthalidone alone.

Atenolol was administered to 3 groups of 65 male and 65 female CR7B1/10J mice at dietary levels of 0, 150 and 300 mg/kg/day for 18 months followed by the control diet for an additional three months. A fourth group received 2-AAF (positive control) and a fifth was the negative control group. Retardation in weight gain was observed. There was no statistically significant difference in mortality, number of tumor bearers, number of tumors in each animal or the total number of tumors in treated and negative control animals.

Two studies were conducted in Alderley Park Strain I rats. One study employed doses of 150 and 300 mg/kg/day for 18 months followed by the control diet for an additional 6 months, while the second study used doses of 75, 150 and 300 mg/kg/day for 24 months. Results from the two studies showed no significant difference in mortality for treated and control groups. No apparent carcinogenic potential was observed.

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READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE

PATIENT MEDICATION INFORMATION

**TENORETIC[®]
atenolol and chlorthalidone tablets**

Read this carefully before you start taking TENORETIC 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 TENORETIC.

What is TENORETIC used for?

TENORETIC is used to treat high blood pressure (also known as hypertension) in adults.

How does TENORETIC work?

TENORETIC contains two active ingredients: atenolol and chlorthalidone. Each active ingredient reduces blood pressure in a different way.

Atenolol belongs to a group of drugs called “beta blockers”.

- It makes your heart beat more slowly and less forcefully.

Chlorthalidone is a diuretic.

- It increases the amount of urine produced by the kidneys.

This medicine does not cure your disease but helps to control it.

What are the ingredients in TENORETIC?

Medicinal ingredients: atenolol and chlorthalidone

Non-medicinal ingredients: magnesium stearate, microcrystalline cellulose, povidone, sodium starch glycolate

TENORETIC comes in the following dosage forms:

TENORETIC 50/25 tablets: 50 mg atenolol and 25 mg chlorthalidone

TENORETIC 100/25 tablets: 100 mg atenolol and 25 mg chlorthalidone

Do not use TENORETIC if you:

- are allergic to atenolol, chlorthalidone or sulfonamide-derived drugs or any of the ingredients in TENORETIC.
- 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 unable to produce urine.
- are pregnant, are trying or planning on becoming pregnant or breastfeeding.
- are 18 years or younger.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take TENORETIC. 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 liver or kidney problems.
- have circulation problems.
- have lupus or gout.
- 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.
- have had a surgery on a nerve (sympathectomy).
- are dehydrated or suffer from excessive vomiting, diarrhea, or sweating.
- develop a skin rash while taking TENORETIC.

Other warnings you should know about:

Do not stop taking TENORETIC suddenly. This could cause chest pain or a heart attack. If your doctor decides that you should stop taking TENORETIC, 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 TENORETIC.

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

You may notice that your pulse rate becomes slower while taking TENORETIC. 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 TENORETIC:

- 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)
 - vasodilators
- 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
- alcohol, sleeping pills (barbiturates) or strong pain medications (narcotics)
- norepinephrine, a heart stimulant
- lithium, a drug used to treat certain psychiatric disorders
- tubocurarine, a drug used to relax the muscles during surgery
- fingolimod, a drug used to treat multiple sclerosis

How to take TENORETIC:

Take TENORETIC:

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

Your doctor will decide how much TENORETIC you should take each day depending on your condition.

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

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

Usual Adult Dose: One tablet per day.

Overdose:

If you think you have taken too much TENORETIC, 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 a double dose to make up for the missed dose.

What are possible side effects from using TENORETIC?

These are not all the possible side effects you may feel when taking TENORETIC. 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			√
Low levels of sodium or potassium in the blood: weakness, vomiting, and cramps		√	
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)		√	
Liver Disorder: yellowing of the skin or eyes, dark urine, abdominal pain, nausea. Vomiting, loss of appetite		√	
Leg swelling from fluid retention		√	
Memory problems		√	
Inflammation of the Pancreas: abdominal pain that lasts and gets worse when you lie down, nausea, vomiting		√	
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 help improve the safe use of health products for Canadians by reporting serious and unexpected side effects to Health Canada. Your report may help to identify new side effects and change the product safety information.

3 ways to report:

- Online at [MedEffect](http://www.healthcanada.gc.ca/medeffect) (www.healthcanada.gc.ca/medeffect);
- By calling 1-866-234-2345 (toll-free);
- By completing a Consumer Side Effect Reporting Form and sending it by:
 - Fax to 1-866-678-6789 (toll-free), or
 - Mail to: Canada Vigilance Program
Health Canada, Postal Locator 0701E
Ottawa, ON
K1A 0K9

Postage paid labels and the Consumer Side Effect Reporting Form are available at [MedEffect](http://www.healthcanada.gc.ca/medeffect) (www.healthcanada.gc.ca/medeffect).

NOTE: Contact your healthcare 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 TENORETIC:

- 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); the manufacturer's website <http://www.astrazeneca.ca>, or by calling 1-800-668-6000.

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

This leaflet was prepared by AstraZeneca Canada Inc., Mississauga, Ontario L4Y 1M4

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Last Revised: July 12, 2016