

**READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE**

**PATIENT MEDICATION INFORMATION**

**TENORMIN®  
atenolol tablets**

Read this carefully before you start taking TENORMIN 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 TENORMIN.

**What is TENORMIN used for?**

TENORMIN is used to treat high blood pressure (also known as hypertension) in adults. It can be used alone or with other medicines.

TENORMIN is also used to prevent chest pain (also known as angina) in adults.

**How does TENORMIN work?**

TENORMIN belongs to a group of drugs called “beta blockers”. It makes your heart beat more slowly and less forcefully. This medicine does not cure your disease but helps to control it.

**What are the ingredients in TENORMIN?**

Medicinal ingredients: atenolol

Non-medicinal ingredients: gelatin, glycerol, heavy magnesium carbonate, hydroxypropyl methylcellulose, magnesium stearate, maize starch, sodium lauryl sulphate and titanium dioxide

**TENORMIN comes in the following dosage forms:**

Tablets: 50 mg and 100 mg

**Do not use TENORMIN if you:**

- are allergic to atenolol or any of the ingredients in TENORMIN.
- 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 18 years or younger.

**To help avoid side effects and ensure proper use, talk to your healthcare professional before you take TENORMIN. 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 kidney problems.
- have circulation problems.
- 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.
- develop a skin rash while taking TENORMIN.
- are pregnant, are trying or planning on becoming pregnant. TENORMIN is not usually recommended for use during pregnancy. Your healthcare professional will consider the benefit to you versus the risk to your unborn baby.
- are breastfeeding. You should not breastfeed while using TENORMIN.

**Other warnings you should know about:**

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

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

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

- 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)
- 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 indomethacin or ibuprofen)
- anesthetic drugs used during surgery
- fingolimod, a drug used to treat multiple sclerosis

**How to take TENORMIN:**

Take TENORMIN:

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

Your doctor:

- will decide how much TENORMIN you should take each day depending on your condition.
- may add another medicine like a diuretic (water pill) and/or a vasodilator for you to take along with TENORMIN to treat your high blood pressure.

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

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

**Usual adult dose:**

**High Blood Pressure:**

The usual recommended dose is 50 mg to 100 mg taken once a day.

**Chest Pain:**

The usual recommended dose is 50 mg to 100 mg taken once a day. Up to 200 mg per day may be required in some patients.

**Overdose:**

If you think you have taken too much TENORMIN, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.
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**Missed Dose:**

If you miss a dose, take the dose as soon as you remember. Do not take two doses at the same time.

**What are possible side effects from using TENORMIN?**

These are not all the possible side effects you may feel when taking TENORMIN. 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

<b>Serious side effects and what to do about them</b>			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help
	Only if severe	In all cases	
<b>COMMON</b>			
<b>Bradycardia:</b> decreased heart rate that causes you to be dizzy or faint		√	
<b>Chest pain</b>			√
<b>UNCOMMON</b>			
<b>Allergic reactions:</b> rash, swelling of the lips, face or neck, difficulty breathing or speaking			√
<b>RARE</b>			
<b>Heart conduction disorders:</b> feeling lightheaded, dizzy or passing out			√
<b>Hypotension (low blood pressure):</b> dizziness or lightheadedness leading to fainting can occur when changing positions, for example from lying down to standing up		√	
<b>Irregular heart beat or heart palpitations (skipped beats)</b>		√	

<b>Leg swelling from fluid retention</b>		√	
<b>Memory problems</b>		√	
<b>Shortness of breath</b>		√	
<b>Skin reactions:</b> rash	√		
<b>Vision problems</b>	√		

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 0K9Postage 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 TENORMIN:

- 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](http://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.

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