

# BETEN TABLET

## Atenolol 50mg

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### What Beten is used for

Beten is used to:

- Lower high blood pressure, which is called hypertension
- Prevent angina
- Treat irregular heart rhythm or beat called arrhythmias
- Treat heart attacks, or reduce your risk of heart complications following a heart attack Beten may be either used alone or in combination with other medicines to treat your condition.

### How Beten works

Beten 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 therefore reduces the amount of work the heart has to do.

It widens the blood vessels in the body, causing blood pressure to fall. It also helps the heart to beat more regularly.

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

Beten is not recommended for use in children, as there have been no studies of its effects in children.

There is no evidence that Beten is addictive.

### Before you use it

#### - When you must not take it

Do not take Beten if:

1. You have or have had asthma (difficulty in breathing, wheezing and coughing), bronchitis or other lung problems in the past.
2. You have the following conditions:
  - a history of allergic problems, including hay fever. Symptoms of an allergy may include: rash, itching, watery eyes or sneezing
  - a very slow heart beat (less than 45-50 beats/minute)
  - A severe blood vessel disorder causing poor circulation in the arms and legs
  - Certain other heart conditions
  - Pheochromocytoma (a rare tumour of the adrenal gland) which is not being treated with other medicines
  - Low blood pressure (hypotension)
  - Too much acid in your blood (metabolic acidosis)

3. You have an allergy to Beten or any of the ingredients listed at the end of this leaflet, or to any other beta-blocker medicine.

4. You are pregnant, intend to become pregnant, are breast feeding or intend to breast feed.

Your doctor will discuss the possible risks and benefits of using Beten during pregnancy and breast feeding. Beten passes into breast milk and may therefore affect the breast-fed baby.

If you are not sure whether any of these apply to you, check with your doctor.

Do not use Beten if the package is torn or shows signs of tampering.

Do not use Beten if the expiry date (EXP) printed on the pack has passed. This medicine may not work as well after this date.

#### - Before you start to use it

Tell your doctor if:

1. You have any allergies to:

- Any other medicine, including eye drops, or other beta-blocker medicines
- Any other substances, such as foods, preservatives or dyes
- Insect stings

Beten may make allergies worse or make them harder to treat.

2. You have or have had a history of any of the following conditions:

- Heart problems
- Diabetes
- An over active thyroid gland called hyperthyroidism.
- Kidney problems
- Circulation problems

3. You are receiving:

- Certain anaesthetics for medical dental procedures
- Emergency treatment for shock or Severely low blood pressure

If you have not told your doctor about any of the above, tell them before you take Beten.

#### - Taking other medicines

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

Some medicines and Beten may interfere with each other. These include:

- other beta-blocker medicines
- medicines used to treat high blood pressure or angina

- medicine used to treat heart problems
- Insulin and tablets used to treat diabetes
- Medicines used to treat arthritis, pain, or inflammation

### How to use Beten

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

#### - How much to use

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

They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

#### *Hypertension:*

The usual dose is from 50mg (1 tablet) up to 200mg (4 tablets) of Beten daily.

If your dose is 100mg or less, take it once a day.

#### *Angina or Irregular Heart Beat:*

The usual dose is from 50mg (1 tablet) up to 100mg (2 tablets).

#### *Heart attack:*

The usual dose is 50mg (1 tablet) of Beten daily. Certain people e.g. the elderly or those with kidney problems, may require a lower dose.

#### - When to use it

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

If you have trouble remembering to take your medicine, ask your pharmacist for some advice

#### - How long to use it

Take Beten every day. Continue taking Beten until your doctor advises you to stop.

It helps to treat high blood pressure, irregular heartbeat, heart attacks and prevent angina but does not cure it.

Do not stop taking Beten without checking with your doctor. Your doctor may want you to gradually reduce the amount of Beten you are taking. This should take place over a period of about 2 weeks before stopping completely. Do not stop suddenly as this may worsen your condition.

#### - If you forget to take it

If it is less than six hours from when you missed your dose, take it as soon as you remember, and then go back to taking your tablets at the same time you would normally.

If it is more than six hours since your last dose, skip the dose you missed and take your next dose when you would normally.

Do not take a double dose of Beten to make up for the dose that you missed.

#### - If you take too much (overdose)

Immediately telephone your doctor or go to Accident & Emergency at your nearest hospital, if you think you or anyone else may have taken too much Beten. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Keep these telephone numbers handy.

If you take too much Beten, you may feel faint or dizzy or you may find it difficult to breathe.

### While you are using it

#### - Things you must do

Attend all of your doctor's appointments so that your progress can be checked.

Tell all the doctors, dentists and pharmacists that are treating you that you are taking Beten.

Tell your doctor immediately if you become pregnant while taking Beten.

Immediately tell your doctor if you have an allergic reaction to any foods, medicines or insect stings.

Beten can cause allergic reactions to be worse and harder to treat.

If you have diabetes, check your blood sugar level regularly and report any changes to your doctor.

Beten may affect your diabetes. It may hide the symptoms of low blood sugar levels, such as a fast heartbeat. It may also take longer for your blood sugar level to get back to normal even if you follow the usual treatment for diabetes. Your diabetic medicines may have to be changed or the doses adjusted.

If you continue to have angina attacks, or have more of them whilst taking Beten, tell your doctor.

Beten is used to help prevent angina, so your angina attacks should become less severe and occur less often.

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

You may feel light-headed or dizzy after taking Beten. This is because your blood pressure is falling suddenly. If this problem gets worse or continues, talk to your doctor.

To help your body get used to the change in blood pressure, you may find the following hints useful:

- Stand up slowly when getting up from a chair or bed. This will allow your body get used to the change in position and blood pressure.
- If you feel dizzy, sit or lie down until you feel better.
- If you feel faint, sit down and put your head between your knees.

Drink lots of water when exercising and during hot weather when taking Beten, especially if you sweat a lot.

If you do not drink enough water while taking Beten, you may feel faint, light-headed or sick. The recommended healthy minimum water intake is 6-8 glasses a day.

If you are having surgery (even at the dentist), tell your doctor or dentist that you are taking Beten. Beten may affect some of the medicines used during surgery.

If you have to have any medical tests while you are taking Beten, tell your doctor. Beten may affect the results of some tests.

- Things you must not do

Do not stop taking Beten without checking with your doctor.

Do not take any new medicines with Beten, unless your doctor has told you to.

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

Do not use Beten to treat any other complaint unless your doctor tells you to.

- Things to be careful of

Take care while driving or operating machinery until you know how Beten affects you.

Beten may cause dizziness, fatigue, light-headedness or faintness in some people.

**Side Effects**

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Beten, even if you think the problems are not connected with the medicine.

If you get any side effects, do not stop taking Beten without first talking to your doctor.

Like other medicines Beten can cause some side effects. If they occur, most are likely to be minor and last only a short time. However, some may be serious and need medical attention.

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

- Stomach upsets such as diarrhoea, constipation, abdominal pain.
- Dizziness, headache or buzzing or ringing in the ears
- Slow or irregular heart beat

- Runny or blocked nose
- Difficulty sleeping, nightmares
- Skin reactions (e.g. rash, itching, worsening of psoriasis)
- Cold fingers and toes
- Increased hair loss
- Tingling, 'pins and needles' or walking unsteadily
- Sexual problems

For the most part these side effects have been mild.

Tell your doctor immediately if you notice any of the following:

- Confusion or disorientation
- Depression or mood changes or a worsening of these
- Unusual thoughts, hallucinations (seeing, feeling or hearing things that are not there)
- Light-headedness or fainting which may be due to low blood pressure
- Yellowing of the skin and/or eyes (jaundice)

If any of the following happen, tell your doctor immediately, or go to accident and emergency at your nearest hospital:

- Wheezing, chest tightness or difficulty breathing
- Unexplained bruising
- Swelling of the face, lips or throat

The list of side effect above are very serious. You may need urgent medical attention or hospitalisation. These side effects are rare.

Ask your doctor or pharmacist to answer any questions you may have. Some people may get other side effects while taking Beten. Do not be alarmed by this list of possible side effects. You may not experience any of them.

You may report any side effect or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-7883 5550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (*Consumers – Reporting*).

**Storage and Disposal of Beten**

- *Storage*

Keep your tablets in a cool, dry place where the temperature will stay below 30 degrees C. Protect from light.

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not work as well.

Do not keep Beten in the bathroom or near a sink. Do not leave Beten in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep this medicine out of reach of children. A locked cupboard which children cannot reach is a good place to store medicines.

- Disposal

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

**Product Description**

- What it looks like

Beten tablets are round, convex with a bevelled edge, uncoated, white to off white with a scored line.

Beten tablets come in packs of 30 tablets and 100 tablets.

- Ingredients

*Active Ingredient:*

Each Beten tablet contains Atenolol BP 50mg as the active ingredient,

*Inactive Ingredients*

- Microcrystalline M200 (Avicel)
- Sodium Starch Glycolate
- AEROSIL 200
- Kollidon 90
- Magnesium Stearate

- *MAL Number*

MAL 19940634A

**Manufacturer**

UPHA PHARMACEUTICAL MANUFACTURING (M) (53667-M) Lot 2&4, Jalan P/7, Seksyen 13, Kawasan Perusahaan Bangi, 43650 Bandar Baru Bangi, Selangor Darul Ehsan.

**Product Registration Holder**

UPHA PHARMACEUTICAL  
MANUFACTURING (M) (53667-M)  
Lot 2&4, Jalan P/7, Seksyen 13,  
Kawasan Perusahaan Bangi,  
43650 Bandar Baru Bangi,  
Selangor Darul Ehsan.

**Date of Revision**

22/04/2014