

# atenolol cinfa 50 mg tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

## What is in this leaflet

1. What atenolol cinfa is and what it is used for
2. What you need to know before you take atenolol cinfa
3. How to take atenolol cinfa
4. Possible side effects
5. How to store atenolol cinfa
6. Contents of the pack and other information

### 1. What atenolol cinfa is and what it is used for

atenolol cinfa belongs to a group of medicines called beta-blockers, which means that it acts on your heart and circulatory system.

atenolol cinfa is indicated in the treatment of high blood pressure (hypertension), to help prevent chest pain (angina), to ensure a regular heartbeat and also to protect the heart during and after a heart attack.

### 2. What you need to know before you take atenolol cinfa

#### Do not take atenolol cinfa

- If you are allergic to atenolol or to any of the other ingredients of this medicine (listed in section 6).
  - If you have had or are suffering from heart conditions such as uncontrolled heart failure.
  - If you have other heart conditions:
    - second- or third-degree heart block (a condition that can be treated with a pacemaker)
    - bradycardia (very slow or very irregular heartbeat)
    - very low blood pressure (hypotension)
    - due to circulation (peripheral arterial disease)
    - or circulatory failure.
  - If you have a tumour called pheochromocytoma (a tumour in the adrenal glands).
  - If you have been fasting.
  - If you have been told that you have metabolic acidosis (a metabolic disorder that causes excessive acidity of the blood) that is not being treated. It is usually near the kidney and can cause high blood pressure.
  - If you have been fasting.
  - If you have been told that you have higher than normal levels of acid in your blood (metabolic acidosis).
  - Atenolol must not be administered to children.
- This medicine has been specifically prescribed for you by your doctor. Therefore, you should not give it to anyone else.

#### Warnings and precautions

Talk to your doctor or pharmacist before taking atenolol cinfa.

- If you have health problems such as asthma or breathing problems, diabetes, circulatory disorders, heart, kidney or thyroid problems.
- If you have ever been told that you suffer from a special type of chest pain (angina), called Prinzmetal's angina.
- If you are pregnant, if you are planning to have a baby or are breast-feeding. See "Pregnancy and breast-feeding" section.
- If you have ever had an allergic reaction to something, e.g. an insect bite.
- You may notice that your pulse slows down while taking these tablets. This is normal, but if it concerns you, tell your doctor.
- If you are diabetic, atenolol may change your normal response to low blood glucose, which usually means an increase in heart rate.
- If you are admitted to hospital, tell the healthcare staff, especially the anaesthetist, that you are being treated with atenolol.
- Only stop taking your tablets if your doctor tells you to do so, and then only gradually.

#### Children

The safety of atenolol in children has not been established, and therefore it should not be used in children.

#### Other medicines and atenolol cinfa

- Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes non-prescription medicines, homeopathic medicines, herbal medicines and other health-related products, as it may be necessary to interrupt the treatment or adjust the dose of some of them. Some medicines may affect the action of others, in particular, tell your doctor if you are using:
- Disopyramide or amiodarone (for irregular heartbeat).
  - Other treatments for hypertension or angina (in particular verapamil, diltiazem, nifedipine, clonidine). If you are using clonidine for high blood pressure or to prevent migraine, do not stop taking it or atenolol without first consulting your doctor.
  - Treatment for heart failure (digoxin).
  - Anti-inflammatory medicines for treatment of pain (such as indomethacin or ibuprofen).
  - Nasal decongestants or other cold products that you may have bought yourself in a pharmacy.

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

#### Pregnancy

There is insufficient data on the safety of atenolol during the first trimester of pregnancy. Your doctor will decide if treatment during the second and third trimester is beneficial for you.

#### Breast-feeding

Tell your doctor if you are being treated with atenolol, at the time of birth or during breast-feeding, as your baby may be at risk of low blood sugar and a slower heartbeat.

Breast-feeding women should consult their doctor before taking this medicine as atenolol passes into breast milk.

#### Driving and using machines

Observe your response to medication because in some cases dizziness and fatigue have occurred at the usual doses. If this happens, do not drive or operate dangerous machinery.

#### Use in athletes

This medicinal product contains atenolol, which can produce a positive anti-doping test result.

#### atenolol cinfa contains sodium

This medicine contains less than 1 mmol (23 mg) of sodium per tablet, i.e. it is essentially "sodium-free".

### 3. How to take atenolol cinfa

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is 50-100 mg per day.

This medicine is usually taken once a day, though the daily dose can also be divided into two parts.

- Atenolol tablets should be swallowed whole with a little water.
- The tablet can be divided into equal doses.
- Try to take the tablets at the same time each day.
- Remember to take your medicine. Your doctor will tell you the duration of your treatment with atenolol.
- It is very important to continue taking this medicine for the time recommended by the doctor.
- Do not stop taking this medicine even if you feel well, unless your doctor tells you to do so; in this case, you should do so gradually.

#### Adults

- **High blood pressure (hypertension):** the recommended dose is 50 to 100 mg per day.
- **Chest pain (angina):** the recommended dose is 100 mg daily or 50 mg twice daily.

- **Irregular heartbeat (arrhythmias):** the recommended dose is 50 mg to 100 mg per day.
- **Early treatment of a heart attack (myocardial infarction):** the recommended dose is 50 mg to 100 mg per day.
- **Later treatment of a heart attack (myocardial infarction):** the recommended dose is 100 mg per day.

#### Patients with renal failure:

If you have kidney problems your doctor may decide to give you a lower dose.

#### If you take more atenolol cinfa than you should

If you take more than the normal dose, contact your doctor or nearest hospital.

In case of overdose or accidental ingestion, consult your doctor or pharmacist immediately indicating the medicine and quantity ingested.

#### If you forget to take atenolol cinfa

If you forget to take a dose, take it as soon as you remember. Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### Common (may affect up to 1 in 10 people):

- Cold fingers and toes.
- Slower heartbeat.
- Nausea.
- Diarrhoea.
- Fatigue.

#### Uncommon (may affect up to 1 in 100 people):

- Disturbed sleep.

#### Rare (may affect up to 1 in 1,000 people):

- Heart block (which can cause an abnormal heartbeat, light-headedness, tiredness or fainting).
- Worsening of breathing problems if you have or have had asthma.
- Shortness of breath and/or swelling of the ankles if you also have heart failure.
- Worsening of your arterial circulation if you already suffer from some degree of circulatory failure.
- Numbness and spasms in the fingers, followed by a sensation of heat and pain (Raynaud's phenomenon).
- Mood swings.
- Nightmares.
- Confusion.
- Psychosis or hallucinations (mental disorders).
- Headache.
- Dizziness, especially when standing up.
- Tingling sensation in the hands.
- Impotence.
- Dry mouth.
- Dry eyes.
- Visual disorders.
- Hair loss.
- Skin rash, including worsening of psoriasis.
- Thrombocytopenia (bruising more easily).
- Purpura (purple spots on the skin).
- Jaundice (which can be detected as a yellowing of your skin and eyes).
- Elevated serum enzyme values (transaminases).

#### Very rare (may affect up to 1 in 10,000 people):

Very rarely there may be changes to some cells or components of the blood. Your doctor might wish to perform a blood test to check if atenolol had any effect on your blood.

#### Not known (frequency cannot be estimated from the available data):

Lupus-like syndrome (a disease in which the immune system produces antibodies that mainly attack the skin and joints).

Do not be alarmed by this list of side effects, as it is possible that none of them will appear in your case.

#### Reporting of side effects:

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

### 5. How to store atenolol cinfa

Keep this medicine out of the sight and reach of children.

Do not store at temperatures above 25°C.

Do not use this medicine after the expiry date which is stated on the container after "EXP". The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### 6. Contents of the pack and other information

#### What atenolol cinfa contains

- The active substance is atenolol. Each tablet contains 50 mg of atenolol.
- The other ingredients are: magnesium carbonate, gelatine, maize starch, sodium lauryl sulphate and magnesium stearate.

#### What atenolol cinfa looks like and contents of the pack

White, round, biconvex tablets, scored on one side, and with the inscription A50C on the other.

It is supplied in PVC/ALU blisters. Each pack contains 30 tablets.

#### Marketing Authorisation Holder and Manufacturer

Laboratorios Cinfa, S.A.  
Carretera Olaz-Chipi, 10. Polígono Industrial Areta  
31620, Huarte (Navarre) – Spain

#### Distributor

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HK Reg. No. 52982

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# 莎華 - 「安壓樂」50毫克

此說明書含有重要資訊, 使用此藥物前請細心閱讀此說明書全部內容。

- 請保留此說明書，以便可以再次翻閱。
- 如有任何問題，請向你的醫生或藥劑師查詢。
- 此藥只處方給你，請勿給其他人使用，即使對方病徵跟你相似也可能造成傷害。
- 如有任何副作用，請諮詢醫生或藥劑師，此包括任何未有在此說明書列出的任何可能的副作用。

這張說明書內包含甚麼資料？

1. 莎華 - 「安壓樂」，是甚麼及用於甚麼情況
2. 使用莎華 - 「安壓樂」前你需要留意甚麼
3. 如何使用莎華 - 「安壓樂」
4. 可能的副作用
5. 如何貯存莎華 - 「安壓樂」
6. 包裝及其他資料

## 1. 莎華 - 「安壓樂」是甚麼及用於甚麼情況

莎華 - 「安壓樂」是屬於一組名為β-受體阻滯劑的藥物，意思是，它作用於你的心臟和循環系統。

莎華 - 「安壓樂」用於治療血壓高（高血壓），幫助預防胸痛（心絞痛），確保心跳正常，並在心臟病發作期間和之後保護心臟。

## 2. 使用莎華 - 「安壓樂」前你需要留意甚麼？

不要服用莎華 - 「安壓樂」：

- 如果您曾患有或正在患有心臟病，例如不受控制的心臟衰竭。
- 如果您有其他心臟病：
  - 二度或三度心臟傳導阻滯（可以用起搏器治療的病症）
  - 心動過緩（非常緩慢或非常不規律的心跳）
  - 非常低的血壓（低血壓）
  - 由於循環（周邊動脈疾病）
  - 或循環系統衰竭。
- 如果您患有稱為嗜絡細胞瘤的腫瘤（腎上腺的腫瘤）
- 如果你曾經禁食
- 如果您被告知您患有代謝性酸中毒（一種導致血液酸度過高的代謝紊亂）而未得到治療。它通常靠近腎臟，可引起高血壓。
- 如果你曾經禁食 (DUPLICATE)
- 如果您被告知您血液中的酸含量高於正常水平（代謝性酸中毒）。
- 絕不可以給兒童服用阿替洛爾

此藥是由您的醫生專門為您處方。因此，不要將此藥給任何人使用。

警告和預防措施

在服用莎華 - 「安壓樂」之前，請諮詢您的醫生或藥劑師。

- 如果您有健康問題，例如哮喘或呼吸問題、糖尿病、循環系統疾病、心臟、腎臟或甲狀腺問題。
- 如果您曾被告知患有的一種特殊類型的胸痛（心絞痛），稱為變異型心絞痛。
- 如果你懷孕，如果你計劃懷孕或正在哺乳（請參閱“懷孕及哺乳”部份）。
- 如果您曾經對某些東西物產生過過敏反應，例如昆蟲叮咬。
- 您可能曾注意到，服用這些藥片時您的脈搏會減慢。這是正常的，但如果您對此有擔心，請告訴您的醫生。
- 如果您患有糖尿病，阿替洛爾可能會改變您對低血糖的正常反應，這通常意味著心率增加。
- 如果您入院，請告訴醫護人員，尤其是麻醉師，您正在接受阿替洛爾治療。
- 只可在您的醫生告訴您的情況下才停止服用您的藥片，然後才逐漸地停止。

用於兒童

阿替洛爾用於兒童的安全性尚未確定。因此，此藥不應用於兒童。

其他藥物與莎華 - 「安壓樂」：

- 如果您正在服用、最近服用或可能服用任何其他藥物，請告訴您的醫生或藥劑師。這包括非處方藥物、顺势療法藥物、草本藥物和其他與健康相關的產品，因為可能需要中斷治療或調整其中一些藥物的劑量。某些藥物可能會影響其他藥物的作用，特別是如果您正在使用，請告訴您的醫生：
  - 丙吡叟或胺碘酮（用於心律不齊）
  - 其他治療高血壓或心絞痛的藥物（特別是維拉帕米、地爾硫卓、硝苯地平、可樂定）。如果您使用可樂定治療高血壓或預防偏頭痛，請不要在未事先諮詢醫生的情況下停止服用它或阿替洛爾。
  - 治療心臟衰竭（地高辛）。
  - 用於治療疼痛的抗炎藥（如消炎痛或布洛芬）。
  - 鼻腔縮充血劑或您可以在藥房購買的其他感冒產品。

懷孕和哺乳期

如果您懷孕或哺乳，認為您可能懷孕或計劃生孩子，請在服用此藥前諮詢醫生或藥劑師。

懷孕

關於阿替洛爾在懷孕頭三個月的安全性數據不足。您的醫生將決定懷孕中期和懷孕後期的治療是否對您有益。

哺乳期

請告訴你的醫生，如果你在分娩時或哺乳時使用阿替洛爾治療，因為你的寶寶可能有低血糖或心跳緩慢的風險。

由於阿替洛爾會進入母乳，因此哺乳期婦女在服用這藥前應諮詢醫生。

駕駛及操作機器

觀察您對藥物的反應，因為在某些情況下，常用的劑量會出現頭暈和疲勞。如果發生這種情況，請勿駕駛或操作危險機器。

用於運動員

此藥物含有阿替洛爾，可能產生陽性的抗興奮劑檢測結果

莎華 - 「安壓樂」含有鈉

此藥物每片含有少於 1 毫摩爾（23 毫克）的鈉，即它基本上是“無鈉”的。

## 3. 如何使用莎華 - 「安壓樂」

完全按照醫生或藥劑師的吩咐服用此藥。如果您不確定，請諮詢您的醫生或藥劑師。

建議劑量為每天50-100毫克。

此藥通常每天服用一次，但每日劑量也可分為兩部分。

- 用水吞服整片阿替洛爾藥片。
- 片劑可以分成相等的劑量。
- 嘗試每天在同一時間服用藥片。
- 緊記服藥，您的醫生會告訴您使用阿替洛爾治療的持續時間。
- 在醫生建議的時間內繼續服用此藥是非常重要的。
- 即使您感覺良好，也不要停止服用此藥片，除非您的醫生告訴您這樣做。在這種情況下，您應該逐步這樣做。

成人

- **血壓高(高血壓)**：建議劑量為每天50至100毫克。
- **胸痛(心絞痛)**：建議劑量為每天100毫克或每天兩次50毫克。
- **心律不正(心律失常)**：建議劑量為每天50至100毫克。
- **心臟病發作(心肌梗塞)**的早期治療：建議劑量為每天50至100毫克。
- **心臟病發作(心肌梗塞)**的後期治療：建議劑量為每天100毫克。

腎臟衰竭的患者

如果您有腎臟問題，您的醫生可能會決定給您較低的劑量。

如果您服用的莎華 - 「安壓樂」多於您應該服用的劑量

如果您服用的劑量超過正常劑量，請聯繫您的醫生或最近的醫院。

假如服用過量或意外攝入，請立即諮詢您的醫生或藥劑師，說明藥物和攝入量。

如果您忘記服用莎華 - 「安壓樂」

如果您忘記服用，請在想起來後立即服用。不要服用雙倍劑量來彌補忘記的劑量。

如果您對使用此藥物有任何進一步的問題，請諮詢您的醫生或藥劑師。

## 4. 可能的副作用

像其他藥物一樣，此藥物可能會引起副作用，儘管並不是所有人都會有此情況。

常見的副作用（每10人中最多可能1人會受影響）

- 手指和腳冰冷
- 心跳變慢。
- 噁心。
- 腹瀉。
- 疲勞。

不常見的副作用（每100人最多可能1人會受影響）

- 睡眠障礙。

罕見的副作用（每1,000人中最多可能1人會受影響）

- 心臟阻滯(可能導致心跳異常，頭暈，疲倦或昏厥)
- 如果你患有哮喘或曾經患有哮喘，呼吸困難會惡化
- 如果您還患有心臟衰竭，則會出現呼吸急促和/或腳踝腫脹。
- 如果您已經患有某種程度的循環衰竭，則您的動脈循環會惡化。
- 手指麻木和痙攣，同時有灼熱感和疼痛(雷諾氏綜合症)
- 情緒變化
- 噩夢
- 混亂
- 精神病或幻覺（精神障礙）
- 頭痛
- 頭暈，特別是站立的時候
- 雙手刺痛
- 性無能
- 口乾
- 眼睛乾澀
- 視力障礙損
- 脫髮
- 皮疹，包括牛皮癬的惡化
- 血小板減少症(容易出現瘀傷)
- 紫癍（皮膚上的紫色斑點）
- 黃疸（可以察覺到您的皮膚和眼睛發黃）。
- 血清酶值升高（轉氨酶）。

非常罕見的副作用（每10,000人最多可能1人會受影響）

某些血細胞或成分的變化。您的醫生可能要求你進行血液檢測以檢查阿替洛爾是否對你的血液有任何影響。

未知(無法根據可用數據估計頻率)：

類似狼瘡症候群（一種免疫系統產生主要攻擊皮膚和關節的抗體的疾病）。

不要對以上的不良反應感到驚慌，因為你可能沒有得到任何副作用。

副作用報告：

如果您有任何副作用，請諮詢您的醫生或藥劑師。這包括本說明書中未列出的任何可能的副作用。通過報告副作用，您可以幫助提供有關該藥物安全性的更多信息。

## 5. 如何貯存莎華 - 「安壓樂」

請將藥物存放於兒童不能觸及和視線範圍以外。

請不要儲存於攝氏25度以上。

在標籤和紙盒上註明的有效期後（月/年）切勿使用，有效期所指的是每個月最後一日。

請勿丟棄任何藥物於污水及家居垃圾中，請向你的藥劑師查詢如何棄置不再使用的藥物，這項措施有助保護環境。

## 6. 包裝及其他資料

莎華 - 「安壓樂」包含什麼：

- 主要成份是阿替洛爾(atenolol)。每片含有 50毫克阿替洛爾
- 其他成份包括：magnesium carbonate, gelatin, corn starch, sodium lauryl sulfate and magnesium stearate.

莎華 - 「安壓樂」的外觀和包裝

白色圓形雙凸片，一側刻有刻痕，另一側刻有 A50C。它以 PVC/ALU 泡罩形式提供。每盒裝有30粒。

製造商及營銷持有人

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