

PATIENT MEDICATION INFORMATION

READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE

Pr MAR-ATENOLOL

Atenolol Tablets B.P.

Read this carefully before you start taking **MAR-ATENOLOL** 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 **MAR- ATENOLOL**.

Serious Warnings and Precautions

You should follow your healthcare professional's instructions on how to reduce and stop your dose carefully and safely. If you have chest pain (angina) and then suddenly stop taking MAR-ATENOLOL, you can experience serious side effects, including:

- worsening of chest pain (angina);
- reduction of blood flow to the heart;
- heart attack; and/or
- irregular heart beats and rhythms.

You should talk to your healthcare professional before stopping or lowering your dose of MAR-ATENOLOL. You may be requested to limit your physical activity and/or to temporarily re-establish your previous dosing.

What is MAR-ATENOLOL used for?

MAR-ATENOLOL is used in adults (18 years of age or older) to:

- treat high blood pressure (also known as hypertension) with or without other medicines; and
- manage long-term chest pain (also known as angina).

How does MAR-ATENOLOL work?

MAR-ATENOLOL 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 MAR-ATENOLOL?

Medicinal ingredient: atenolol.

Non-medicinal ingredients: colloidal silicon dioxide, heavy magnesium carbonate, hydroxypropyl methylcellulose, magnesium stearate, maize starch, polyethylene glycol 6000, purified talc, sodium lauryl sulphate, sodium starch glycolate and titanium dioxide.

MAR-ATENOLOL comes in the following dosage forms:

Tablets: 50 mg and 100 mg

Do not use MAR-ATENOLOL if:

- you are allergic to atenolol or any of the other ingredients in MAR-ATENOLOL.
- you have slow heartbeats.
- you have been told that you have second or third degree heart block (a type of irregular heart beat and rhythm).
- you have severe heart damage and your heart is not able to pump enough blood to meet your body's needs.
- you 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.
- you have a problem with your heart's electrical conduction (that causes you to have chest pain, difficulty breathing, nausea, fatigue and fainting).
- you have low blood pressure.
- you have serious problems with blood flow in your feet and legs (peripheral artery disease).
- you have loss of sensation with agents that cause heart failure.
- you have a condition called pheochromocytoma (a tumour of the adrenal gland).
- you have a condition called metabolic acidosis (abnormal levels of acids in your blood).

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take MAR-ATENOLOL. Talk about any health conditions or problems you may have, including if you:

- have a history of heart problems.
- 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.
- 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.
- are pregnant, are trying or planning on becoming pregnant. MAR-ATENOLOL 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 or planning to breastfeed. You should not breastfeed while using MAR-ATENOLOL.
- **are going to have an operation or surgery.** In addition, let the medical staff of the operation or surgery know and in particular the anaesthetist that you are taking MAR-ATENOLOL.

Other warnings you should know about:

Driving and using machines: MAR-ATENOLOL can cause dizziness or fatigue. Before doing tasks that require special attention, wait until you know how you respond to MAR-ATENOLOL.

Heart rate: You may notice that your heart rate becomes slower while taking MAR-ATENOLOL. This is normal but if you are concerned, please talk to your healthcare professional 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 MAR-ATENOLOL:

- 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 MAR-ATENOLOL:

Take MAR-ATENOLOL:

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

Your healthcare professional may add another medicine like a diuretic (water pill) and/or a vasodilator for you to take along with MAR-ATENOLOL to treat your high blood pressure.

If you have the impression that the effect of MAR-ATENOLOL is too strong or too weak, talk to your healthcare professional as soon as possible.

Do not stop taking MAR-ATENOLOL or change your dose without consulting your healthcare professional. This can be dangerous. If you suddenly stop taking MAR-ATENOLOL, this could cause chest pain or a heart attack. If your healthcare professional decides that you should stop taking MAR-ATENOLOL, your dose may be reduced so that you need to use it less and less before you stop the medication completely.

Usual dose:

Your healthcare professional will decide how much MAR-ATENOLOL you should take each day depending on your condition. The usual dose is as follows:

- **High Blood Pressure:** 50 mg to 100 mg taken once a day.
- **Chest Pain:** 50 mg to 100 mg taken once a day. Up to 200 mg per day may be required in some adults.

Overdose:

If you think you, or a person you are caring for, have taken too much MAR-ATENOLOL, 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 two doses at the same time to make up for the missed dose.

What are possible side effects from using MAR-ATENOLOL?

These are not all the possible side effects you may have when taking MAR-ATENOLOL. If you experience any side effects not listed here, tell 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
	Only if severe	In all cases	
COMMON			
Bradycardia (abnormally slow heartbeat): decreased heart rate that causes you to be dizzy or faint.		√	
Chest pain			√
UNCOMMON			
Allergic reactions: rash, hives, swelling of the lips, face, tongue, throat or neck, difficulty breathing, difficulty speaking, difficulty swallowing, wheezing, drop in blood pressure, feeling sick to your stomach, or vomiting.			√
RARE			
Bronchospasm (when there is a sudden narrowing of the airway): difficulty breathing with wheezing or coughing.		√	
Congestive heart failure (heart does not pump blood as well as it should): shortness of breath, fatigue, weakness, swelling in ankles, legs and feet, cough, fluid retention, lack of appetite, nausea, rapid or irregular heartbeat, or reduced ability to exercise.		√	

Serious side effects and what to do about them			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical
	Only if severe	In all cases	
Depression (sad mood that won't go away): difficulty sleeping, sleeping too much, changes in appetite or weight, feelings of worthlessness, guilt, regret, helplessness or hopelessness, withdrawal from social situations, family, gatherings and activities with friends, reduced libido (sex drive), or thoughts of death or suicide.		√	
Edema: unusual swelling of the arms, hands, legs, feet and ankles, face, or airway passages.		√	
Heart conduction disorders: feeling lightheaded, dizzy or passing out, fainting, feeling that your heart skips beats, chest pain, nausea, difficulty breathing, shortness of breath, or fatigue.			√
Hypotension (low blood pressure): dizziness, fainting, light-headedness, blurred vision, nausea, vomiting, or fatigue (may occur when you go from lying or sitting to standing up).		√	
Irregular heartbeat (such as skipped beats) or heart palpitations		√	
Memory problems		√	
Shortness of breath		√	
Skin reactions: rash, itchiness, flushing, red patches of skin covered with thick, silvery scales, dry cracked skin that may bleed, burning, or soreness.	√		
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, tell your healthcare professional.

Reporting Side Effects

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

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 30°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 MAR-ATENOLOL:

- 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 (<https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html>); the manufacturer's website www.marcapharma.com, or by calling 1-855-627-2261.

This information is current up to the time of the last revision date shown below, but more current information may be available from the manufacturer.

This leaflet was prepared by Marcan Pharmaceuticals Inc.

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