

Atenolol-AFT

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Atenolol-AFT?

Atenolol-AFT contains the active ingredient atenolol. Atenolol-AFT is used to lower high blood pressure (hypertension), prevent angina, treat irregular heart rhythm or beat (arrhythmias), treat heart attacks, or reduce the risk of heart complications following a heart attack.

For more information, see Section [1. Why am I using Atenolol-AFT?](#) in the full CMI.

2. What should I know before I use Atenolol-AFT?

Do not use if you have ever had an allergic reaction to Atenolol-AFT or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Atenolol-AFT?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Atenolol-AFT and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Atenolol-AFT?

- Follow the instructions given to you by your doctor and pharmacist carefully.
- If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

More instructions can be found in Section [4. How do I use Atenolol-AFT?](#) in the full CMI.

5. What should I know while using Atenolol-AFT?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Atenolol-AFT.
Things you should not do	<ul style="list-style-type: none">• Do not stop using this medicine suddenly.• Do not take any new medicines with Atenolol-AFT, unless your doctor has told you to.• Do not give Atenolol-AFT to anyone else, even if they have the same condition as you.• Do not use Atenolol-AFT to treat any other complaint unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">• Be careful before you drive or use any machines or tools until you know how Atenolol-AFT affects you. Atenolol-AFT may cause dizziness, fatigue, light-headedness or faintness in some people.
Looking after your medicine	<ul style="list-style-type: none">• Store below 25 °C• Store it in original carton, in a cool dry place away from moisture, heat or sunlight.• Do not leave Atenolol-AFT in the car or on window sills. Heat can destroy some medicines.

For more information, see Section [5. What should I know while using Atenolol-AFT?](#) in the full CMI.

6. Are there any side effects?

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

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Atenolol-AFT

Active ingredient: *atenolol*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Atenolol-AFT. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Atenolol-AFT.**

Where to find information in this leaflet:

- [1. Why am I using Atenolol-AFT?](#)
- [2. What should I know before I use Atenolol-AFT?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Atenolol-AFT?](#)
- [5. What should I know while using Atenolol-AFT?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Atenolol-AFT?

Atenolol-AFT contains the active ingredient **atenolol**. Atenolol-AFT belongs to a group of medicines called beta-blockers. It makes the heart beat slower and less forcefully reducing the amount of oxygen required by the heart and the volume of blood it has to pump. This results in lower blood pressure. It widens the blood vessels in the body, causing blood pressure to fall. It helps the heart to beat more regularly.

Atenolol-AFT is used to:

- lower high blood pressure (hypertension)
- prevent angina
- treat irregular heart rhythm or beat (arrhythmias)
- treat heart attacks, or reduce the risk of heart complications following a heart attack

Atenolol-AFT may be used alone or in combination with other medicines to treat your condition.

Atenolol-AFT may also be used in emergency situations or during surgery to treat a fast heart beat before, during or after surgery.

Hypertension:

Everybody has blood pressure. Blood pressure helps to move the blood around your body. Your blood pressure will change during the day, depending on how busy you are or how you are feeling.

You have hypertension (high blood pressure) when your blood pressure stays higher than is needed, even when you are calm and relaxed. Regular blood pressure checks are the only way to know if you have hypertension. There are usually no symptoms with hypertension and you may feel fine. If hypertension is not treated, serious health problems e.g. stroke, heart disease and kidney failure may occur.

Atenolol-AFT helps to lower your blood pressure.

Angina

Angina is a discomfort or pain felt in your chest. The pain may also be felt in your arms or neck and sometimes your shoulders and back. It may be caused by not enough oxygen or blood reaching areas of your heart. Angina pain is often caused by exercise or stress.

Atenolol-AFT is used to prevent angina. It is not used to relieve a sudden attack of angina.

Irregular heart beat (arrhythmia):

Some heart diseases, an over active thyroid gland or chemical imbalances may cause your heart to have an irregular heart beat or rhythm.

Atenolol-AFT helps restore your heart's normal rhythm.

Reducing heart complications after heart attack:

After a heart attack, you may have complications e.g. an irregular heart beat or an increased chance of having another heart attack.

Atenolol-AFT helps to prevent these complications from occurring.

Ask your doctor if you have any questions about why Atenolol-AFT has been prescribed for you.

Your doctor may have prescribed Atenolol-AFT for another reason.

Atenolol-AFT is not recommended for use in children as there have been no studies on its effects in children.

There is no evidence that Atenolol-AFT is addictive.

2. What should I know before I use Atenolol-AFT?

Warnings

Do not use Atenolol-AFT if you:

- are allergic to atenolol, or any of the ingredients listed at the end of this leaflet, or to any other beta-blocker medicine.
- always check the ingredients to make sure you can use this medicine.
- have or have had asthma (difficulty in breathing, wheezing and coughing), bronchitis or other lung problems.
- have any of the following conditions:
 - a history of allergic problems, including hayfever. Symptoms of an allergy include rash, itching, watery eyes and 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
 - phaeochromocytoma (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)

- are receiving:
 - certain anaesthetics for medical or dental procedures
 - emergency treatment for shock or severely low blood pressure
- 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 Atenolol-AFT during pregnancy and while breast feeding with you. Atenolol 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 Atenolol-AFT if the package shows signs of tampering.

Do not use Atenolol-AFT if the expiry date (EXP) printed on the pack has passed. It may not work as well after this date.

Check with your doctor if you:

- Have any other medical conditions, such as:
 - Allergies to:
 - any other medicine, including eye drops, or other beta-blocker medicines
 - any other substances, such as foods, preservatives or dyes
 - insect stings

Atenolol-AFT may make allergies worse or harder to treat.

- 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

If you have not told your doctor about any of the above, tell them before you start to take Atenolol-AFT.

- Take any medicines for any other condition

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 Atenolol-AFT may affect how each medicine works. 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

If any of these medicines and Atenolol-AFT are taken together, you may need to take different amounts of your medicine, or you may need to take different medicines.

Your doctor will advise you on which medicines to be careful with or to avoid while taking Atenolol-AFT.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Atenolol passes into breast milk and may therefore affect the breast-fed baby.

3. What if I am taking other medicines?

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

Some medicines may interfere with Atenolol-AFT and affect how it works.

- 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

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Atenolol-AFT.

4. How do I use Atenolol-AFT?

How much to take

- **Follow the instructions 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 10 mL (50 mg) up to 40 mL (200 mg) of Atenolol-AFT daily. If your dose is 20 mL or less, take it once a day. If you need to take more than 20 mL, take half of your Atenolol-AFT in the morning and the other half in the evening.
 - **Angina or Irregular Heart Beat:**

The usual dose is from 10 mL up to 20 mL taken as either a single dose or half the dose in the morning and half at night.
 - **Heart attack:**

The usual dose is 10 mL of Atenolol-AFT daily. Some people e.g. the elderly or those with kidney problems, may require a lower dose.

If you have been taking tablets that contain atenolol, your doctor may wish to see you more often until they are certain that Atenolol-AFT is working in the same

way as the tablets you have been taking. While there should be no problem switching from atenolol tablets to atenolol liquid (or from the liquid to the tablets) it is possible that some people may need to have their dose adjusted to achieve the same effect. If you have any concerns about how Atenolol-AFT is working for you, talk to your doctor.

- Follow the instructions provided and use Atenolol-AFT until your doctor tells you to stop.
- Atenolol-AFT helps to treat high blood pressure, irregular heart beat, heart attacks and prevent angina but does not cure them. Do not stop taking without checking with your doctor first. Your doctor may want you to gradually reduce the amount of Atenolol-AFT 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.

When to take Atenolol-AFT

- It does not matter if you take your medicine before or after food. It is best to take your medicine at the same time everyday. This will help you remember when to take it.

If you forget to use Atenolol-AFT

Atenolol-AFT should be used regularly at the same time each day. If you miss taking your dose at the usual time, if it is less than six hours since you missed your dose, take it as soon as you remember, and then go back to taking Atenolol-AFT 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 to make up for the dose that you missed.

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

If you use too much Atenolol-AFT

If you think that you have used too much Atenolol-AFT, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

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

5. What should I know while using Atenolol-AFT?

Things you should do

- Make sure you 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 atenolol**
- **Tell your doctor immediately if you become pregnant while taking Atenolol-AFT**
- **Immediately tell your doctor if you have an allergic reaction to any foods, medicines or insect stings.** Atenolol 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.** Atenolol-AFT may affect your diabetes. It may hide the symptoms of low blood sugar levels, e.g. a fast heart beat. It may 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 Atenolol-AFT, tell your doctor.** Atenolol-AFT 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 Atenolol-AFT. 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 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 Atenolol-AFT.** If you do not drink enough water while taking atenolol, you may feel faint, light-headed or sick.
- **If you are having surgery (even at the dentist), tell your doctor or dentist that you are taking atenolol.** Atenolol may affect some of the medicines used during surgery
- **If you have to have any medical tests while you are taking Atenolol-AFT, tell your doctor.** Atenolol may affect the results of some tests.

Remind any doctor, dentist or pharmacist you visit that you are using Atenolol-AFT.

Things you should not do

- **Do not stop taking Atenolol-AFT without checking with your doctor**
- **Do not take any new medicines with Atenolol-AFT, unless your doctor has told you to**
- **Do not give Atenolol-AFT to anyone else, even if they have the same condition as you**
- **Do not use Atenolol-AFT to treat any other complaint unless your doctor tells you to**

Things to be careful of

- **Take care driving or operating machinery until you know how Atenolol-AFT affects you.** Atenolol-AFT may

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

- **Be careful not to over exercise when you first start taking Atenolol-AFT.** It helps prevent angina caused by physical activity and exercise. You may be tempted to exercise too much. Talk to your doctor about how much exercise you can do.
- **Dress warmly during cold weather, especially if you will be outside for a long time e.g. when playing or watching sport in winter.** Atenolol-AFT may make you more sensitive to cold temperatures, especially if you have circulation problems.
Beta-blockers tend to decrease blood circulation in the skin, fingers and toes.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Atenolol-AFT affects you.

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

Drinking alcohol

Tell your doctor if you drink alcohol.

Looking after your medicine

- Store below 25 °C
- Do not leave Atenolol-AFT in the car or on window sills. Heat can destroy some medicines

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in original carton, in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills. Heat can destroy some medicines.

Keep it where young children cannot reach it.

When to discard your medicine

Use within 1 month of opening.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

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

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> • stomach upsets such as diarrhoea, constipation, abdominal pain or heartburn (indigestion) • dry mouth, change in taste sensation • dizziness, headache or buzzing or ringing in the ears • slow or irregular heart beat • dry eyes, problems with vision • 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 	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> • 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) 	<p>Call your doctor straight away, if you notice any of these serious side effects.</p>

Very serious side effects

Very serious side effects	What to do
<ul style="list-style-type: none"> • wheezing, chest tightness or difficulty breathing • unexplained bruising • swelling of the face, lips or throat 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people. **Do not be alarmed by this list of possible side effects. You may not experience any of them.**

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Atenolol-AFT contains

Active ingredient (main ingredient)	Atenolol
Other ingredients (inactive ingredients)	Sorbitol, propylene glycol, sodium citrate, citric acid, methyl and propyl hydroxyl benzoates, sodium saccharin and lemon-lime flavour

Do not take this medicine if you are allergic to any of these ingredients. Atenolol-AFT does not contain any sucrose, lactose, gluten or colouring agents.

What Atenolol-AFT looks like

Atenolol-AFT is a clear, colorless oral solution with lemon-lime flavour (AUST R 184745).

Who distributes Atenolol-AFT

AFT Pharmaceuticals Pty Ltd
113 Wicks Road
North Ryde
NSW 2113
Australia

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