Nadolol - a beta-blocker (Corgard)

Nadolol is used to treat a number of different conditions. If you are unsure why you are taking it, speak with your doctor.

Continue to take the tablets regularly unless your doctor tells you to stop.

The most common side-effects are feeling tired or dizzy, cold hands or toes, and a slow heartbeat.

About nadolol

<table>
<thead>
<tr>
<th>Type of medicine</th>
<th>A beta-adrenoceptor blocking medicine (often referred to as a beta-blocker)</th>
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</thead>
<tbody>
<tr>
<td>Used for</td>
<td>Hypertension; angina; arrhythmias; thyroid problems; to prevent migraines</td>
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<tr>
<td>Also called</td>
<td>Corgard®</td>
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<tr>
<td>Available as</td>
<td>Tablets</td>
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Nadolol belongs to the group of medicines known as beta-blockers. It is a medicine which is used to treat several different medical conditions. It works on the heart and blood vessels.

Nadolol slows down the activity of your heart by stopping messages sent by some nerves to your heart. It does this by blocking tiny areas (called beta-adrenergic receptors) where the messages are received by your heart. As a result, your heart beats more slowly and with less force. This allows the pressure of blood within your blood vessels to be reduced if you have high blood pressure (hypertension), and helps to prevent abnormally fast heart rhythms (arrhythmias). Because your heart is using less energy, this helps to reduce chest pain if you have angina.

Nadolol is also prescribed to help ease some of the symptoms of an overactive thyroid gland, such as a fast heartbeat and trembling. It relieves these symptoms quickly, which allows time for other antithyroid treatments to take effect. Nadolol is also prescribed to help stop migraines. It can be helpful for people who find other treatments to prevent migraine unsuitable.

Before taking nadolol

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start taking nadolol it is important that your doctor knows:

- If you are pregnant, trying for a baby or breast-feeding.
- If you have asthma or any other breathing disorder.
- If you have any problems with the way your liver works, or with the way your kidneys work.
- If you have low blood pressure or poor circulation.
- If you have high blood sugar levels (diabetes mellitus).
- If you have a skin problem called psoriasis.
- If you have a condition causing muscle weakness, called myasthenia gravis.
- If you have been told you have a slow heartbeat or heart block (a slow and irregular heartbeat).
- If you have been told you have chest pain called Prinzmetal's angina (caused by spasms of your heart's blood vessels).
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to a medicine, or if you have ever had any other serious allergic reaction.

How to take nadolol

- Before you start the treatment, read the manufacturer’s printed information leaflet from inside the pack. It will give you more information about nadolol and will provide you with a full list of the side-effects which you may experience from taking it.
- Take nadolol exactly as your doctor tells you to. It is usual to take one dose daily. Your doctor may prescribe you a small dose initially (half of an 80 mg tablet) and then increase your dose slowly over the next few weeks. This allows your doctor to make sure that you have the dose that helps your condition and helps to prevent unwanted side-effects. Try to take your doses at the same time of day each day, as this will help you to remember to take nadolol regularly. You can take nadolol tablets before or after meals.
If you forget to take a dose, take it as soon as you remember. If you do not remember until the following day, miss out the forgotten dose completely. Do not take two doses at the same time to make up for a missed dose.

Getting the most from your treatment

- Try to keep your regular appointments with your doctor. This is so your doctor can check on your progress.
- Treatment with nadolol can often be long-term. Continue to take the tablets unless your doctor tells you to stop. Stopping treatment suddenly can cause problems in some people, so your doctor may want you to reduce your dose gradually if this becomes necessary.
- Ask your doctor for advice before drinking alcohol while you are on nadolol. Alcohol will add to the blood pressure-lowering effect of nadolol which will increase the possibility of you experiencing side-effects such as dizziness.
- Your doctor may give you dietary and lifestyle advice about eating a healthy diet, not smoking, and taking regular exercise. If so, it is important that you follow the advice you are given.
- If you have diabetes, nadolol can block the symptoms of low blood sugar. Your doctor will advise you about this.

Can nadolol cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the most common ones associated with nadolol. You will find a full list in the manufacturer’s information leaflet supplied with your medicine. The unwanted effects often improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following continue or become troublesome.

<table>
<thead>
<tr>
<th>Common nadolol side-effects (these affect less than 1 in 10 people)</th>
<th>What can I do if I experience this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling dizzy or tired</td>
<td>Do not drive and do not use tools or machines until you feel better</td>
</tr>
<tr>
<td>Cold hands or feet, slow heartbeat</td>
<td>Speak with your doctor if troublesome</td>
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</tbody>
</table>

<table>
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<tr>
<th>Less common nadolol side-effects include:</th>
<th>What can I do if I experience this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Drink plenty of water and ask your pharmacist to recommend a suitable painkiller. If the headaches continue, let your doctor know</td>
</tr>
<tr>
<td>Feeling sick (nausea), stomach upset</td>
<td>Stick to simple foods - avoid rich or spicy meals</td>
</tr>
<tr>
<td>Tingling feelings, dry mouth, feeling breathless, impotence, reduced sexual desire, mood changes, itchy rash, blurred vision</td>
<td>Speak with your doctor if any of these become troublesome</td>
</tr>
</tbody>
</table>

If you experience any other symptoms which you think may be due to the tablets, speak with your doctor or pharmacist for further advice.

How to store nadolol

- Keep all medicines out of the sight and reach of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital at once. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.
Further reading & references

- Manufacturers PIL, Corgard® Tablets 80 mg; Sanofi, The electronic Medicines Compendium. Dated February 2015.

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