

CONSUMER MEDICINE INFORMATION

What is in this leaflet

This leaflet answers some common questions about MINAX. It does not contain all of the available information.

It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking MINAX against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with your medicine.

You may need to read it again.

What MINAX is used for

MINAX belongs to a group of medicines called beta-blockers. MINAX is used to:

- lower high blood pressure, also called hypertension
- prevent angina (chest pain)
- treat or prevent heart attacks, or reduce your risk of heart complications following a heart attack
- prevent migraine headaches.

It works by changing the body's response to some 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 also widens the

blood vessels in the body, as well as helping the heart to beat more regularly.

Your doctor will have explained why you are being treated with MINAX and told you what dose to take.

MINAX may be used either alone or in combination with other medicines to treat your condition.

Ask your doctor if you have any questions about why MINAX has been prescribed for you.

Your doctor may have prescribed MINAX for another reason.

Follow all directions given to you by your doctor carefully.

They may differ from the information contained in this leaflet.

MINAX is not addictive.

Before you take MINAX

When you must not take it

Do not take MINAX if:

- **You have any allergies to metoprolol tartrate, the active ingredient in MINAX, or any of the ingredients listed at the end of this leaflet, or any other beta-blocker medicine.**

Some of the symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin or you may feel faint.

- **You have asthma, wheezing, difficulty breathing or other**

lung problems, or have had them in the past

- **You have a history of allergic problems, including hayfever**
- **You have low blood pressure**
- **You have a very slow heartbeat (less than 45-50 beats/minute)**
- **You have certain other heart conditions**
- **You have phaeochromocytoma (a rare tumour of the adrenal gland) which is not being treated already with other medicines**
- **You have a severe blood vessel disorder causing poor circulation in the arms and legs**
- **You are receiving/having emergency treatment for shock or severely low blood pressure.**

If you are not sure whether you should start taking this medicine, talk to your doctor.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

Do not give MINAX to children.

The safety and effectiveness of MINAX in children has not been established.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

You must tell you doctor if you have any allergies to:

- Metoprolol tartrate or any of the ingredients listed at the end of this leaflet.
- Any other medicine, including other beta-blocker medicines
- Any other substances, such as foods, preservatives or dyes.

Tell your doctor if you have, or have had, any medical conditions, especially the following:

- Asthma, wheezing, difficulty breathing or other lung problems
- Diabetes
- An overactive thyroid gland
- Liver problems
- Kidney problems
- Certain types of angina
- Any other heart problems
- Phaeochromocytoma, a rare tumour of the adrenal gland
- Any blood vessel disorder causing poor circulation in the arms and legs.

Tell your doctor if you are pregnant or plan to become pregnant.

Like most beta-blocker medicines, MINAX is not recommended for use during pregnancy.

Tell your doctor if you are breastfeeding or wish to breastfeed.

MINAX passes into breast milk, hence there is a possibility that the breastfed baby may be affected.

If you have not told your doctor about any of the above, tell them before you start taking MINAX.

Taking other medicines

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

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

- other beta-blocker medicines, including beta-blocker eye drops

- calcium channel blockers or calcium antagonists, medicines used to treat blood pressure and angina, for example verapamil and diltiazem
- medicines used to treat high blood pressure, for example clonidine, hydralazine, and prazosin
- medicines used to treat abnormal or irregular heartbeat, for example amiodarone, disopyramide and quinidine
- medicines used to treat arthritis, pain, or inflammation, for example indometacin and ibuprofen
- warfarin, a medicine used to prevent blood clots
- digoxin, a medicine used to treat heart failure
- medicines used to treat diabetes
- cimetidine, a medicine used to treat stomach ulcers
- medicines used to treat bacterial infections, for example rifampicin
- medicines used to treat depression.
- Monoamine-oxidase inhibitors (MAOIs).

These medicines may be affected by MINAX or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking MINAX.

If you have not told your doctor about any of these things, tell them before you take any MINAX.

How to take MINAX

Follow all directions given to you by your doctor or 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 take

For high blood pressure:

The usual starting dose is one 50 mg or 100 mg tablet once a day for one week.

The dose is then usually increased to 50 mg or 100 mg once or twice daily.

Your doctor may tell you to take a different amount of MINAX.

Follow your doctor's instructions carefully.

If you are taking other prescription medicines which lower blood pressure, your doctor may need to change the dose of them to obtain the best results for you.

For angina pectoris:

The usual dose is 50 mg or 100 mg taken two or three times a day.

After myocardial infarction (heart attack):

The usual dose is 100 mg taken twice a day, often starting with a lower dose for 2 days.

For migraine prevention:

The usual dose is 50 mg to 75 mg taken twice a day (100 to 150 mg a day), taken in divided doses morning and evening.

Ask your doctor or pharmacist if you are unsure of the correct dose for you.

They will tell you exactly how much to take.

How to take it

Swallow the tablets with a glass of water.

MINAX tablets can be divided in half along the breakline, if your doctor has prescribed half a tablet.

When to take it

Take your medicine at about the same time each day before or after food.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

How long to take it

Continue taking your medicine for as long as your doctor tells you.

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

DO NOT STOP TAKING MINAX TABLETS SUDDENLY.

The dose needs to be reduced slowly over 7 to 14 days to make sure that your condition does not get worse. Your doctor will tell you how to gradually reduce the dose before stopping completely.

If you forget to take it

If it is almost time for your next dose (within 6 hours), skip the dose you missed and take your next dose when you are meant to.

Otherwise, take the missed dose as soon as you remember, and then go back to taking your tablets as you would normally.

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

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

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

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much MINAX. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much MINAX your blood pressure may drop too far. You will feel faint or faint, and your heart rate will also slow down. You may also have nausea, vomiting and convulsions. In extreme cases, serious heart and lung problems may occur.

While you are taking MINAX

Things you must do

Visit your doctor regularly so they can check on your progress.

Elderly patients especially need to be monitored to stop their blood pressure falling too far.

If you become pregnant while taking MINAX, tell your doctor.

If you have a severe allergic reaction to foods, medicines or insect stings, tell your doctor immediately.

If you have a history of allergies, there is a chance that MINAX may worsen the allergic reactions and cause it to be harder to treat.

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 when you begin to take MINAX. This is because your blood pressure has fallen suddenly.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem gets worse or continues, talk to your doctor.

Make sure you drink enough water during exercise and hot weather when you are taking MINAX, especially if you sweat a lot.

If you do not drink enough water while taking MINAX, you may feel faint or light-headed or sick. This is because your blood pressure is

dropping too much. If you continue to feel unwell, tell your doctor.

If you are being treated for diabetes, make sure you check your blood sugar level regularly and report any changes to your doctor.

MINAX may affect how well your diabetes is controlled. It may also cover up some of the symptoms of low blood sugar (also called hypoglycaemia) such as a fast heartbeat. MINAX may increase the time your body takes to recover from low blood sugar. Your doctor may need to change your dose of diabetic medicines, including insulin.

Before starting any new medicine, tell your doctor or pharmacist that you are taking MINAX.

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

Tell your surgeon, anaesthetist or dentist that you are taking MINAX if you plan to have surgery, including dental surgery, that needs a general anaesthetic.

MINAX interacts with certain general anaesthetics and may cause a sudden drop in blood pressure.

Tell your doctor if you have to take any medical tests while you are being treated with MINAX.

Things you must not do

Do not stop taking MINAX, or lower the dose, without checking with your doctor.

Stopping MINAX suddenly may worsen your angina or cause other heart complications to occur. Your doctor may want you to gradually reduce the amount of MINAX you are taking before stopping completely.

Do not use MINAX to treat any other conditions unless your doctor tells you to.

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

Things to be careful of

Be careful driving or operating machinery until you know how MINAX affects you.

MINAX may cause drowsiness, tiredness, dizziness or lightheadedness in some people. If any of these occur, do not drive, operate machinery or do anything else that could be dangerous.

Be careful drinking alcohol while taking MINAX.

Combining MINAX and alcohol can make you more drowsy, dizzy or lightheaded.

Dress warmly during cold weather, especially if you will be outside for a long time.

Beta-blocker medicines tend to decrease blood circulation in the skin, fingers and toes. This may make you more sensitive to cold temperatures.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking MINAX.

Like all other medicines, MINAX may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

If you are over 65 years of age, you may have an increased chance of getting side effects.

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- headache, tiredness, drowsiness, weakness or lack of energy
- aches and pains, painful joints

- feeling sick (nausea), vomiting
- stomach upset, diarrhoea or constipation, weight gain
- dry mouth, changes in taste sensation
- sleeping problems, nightmares
- mood changes or depression
- short-term memory loss, inability to concentrate or confusion
- hair loss
- increased sweating, runny or blocked nose.

These side effects are usually mild.

Tell your doctor as soon as possible if you notice any of the following:

- dizziness, lightheadedness or fainting especially on getting up quickly
- tingling or "pins and needles" in the hands or feet
- coldness, burning, numbness or pain in the arms and/or legs
- skin rash or worsening of psoriasis
- symptoms of sunburn such as redness, itching and blistering, that occur more quickly than usual
- abnormal thinking or hallucination.
- buzzing or ringing in the ears, deafness
- dry or irritated eyes, blurred vision
- problems with sexual function
- constant "flu-like" symptoms with tiredness or lack of energy
- unusual bleeding or bruising

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:

- shortness of breath, being less able to exercise
- swelling of the ankles, feet or legs

- chest tightness, difficulty breathing, wheezing, noisy breathing
- chest pain, changes in heart rate or palpitations
- swelling of the face, lips, tongue or throat which may cause difficulty swallowing or breathing
- yellowing of the eyes or skin (jaundice), generally unwell

These are very serious yet rare side effects. You may require immediate medical attention or hospitalisation.

Tell your doctor if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some patients.

After taking MINAX

Storage

Keep MINAX where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep your tablets in a cool dry place where the temperature stays below 30°C.

Do not store MINAX or any other medicine in the bathroom or near a sink. Do not leave MINAX in the car or on window sills.

Heat and dampness can destroy some medicines.

Disposal

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

Product description

What it looks like

MINAX comes in 2 strengths of tablets:

- MINAX 50 mg - round, white, scored tablet marked ML/50 on one side and a Greek alpha symbol on the reverse. Each bottle contains 100 tablets.
- MINAX 100 mg - round, white, scored tablet marked ML/100 on one side and Greek alpha symbol on the reverse. Each bottle contains 60 tablets.

Ingredients

The active ingredient in MINAX is metoprolol tartrate:

- each MINAX 50 mg tablet contains 50 mg of metoprolol tartrate
- each MINAX 100 mg tablet contains 100 mg of metoprolol tartrate.

The tablets also contain:

- lactose monohydrate
- microcrystalline cellulose
- povidone
- colloidal anhydrous silica
- sodium starch glycollate
- magnesium stearate.

MINAX 100 also contains:

- purified talc
- carmellose sodium.

MINAX contains sugars (as lactose), traces of galactose and sulfites.

The tablets are gluten free.

Manufacturer

MINAX is made in Australia by:

Alphapharm Pty Ltd trading as Viatris

Level 1, 30 The Bond

30-34 Hickson Road

Millers Point NSW 2000

www.viatris.com.au

Phone: 1800 274 246

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MINAX is a Viatris company trade mark

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