

# Metoprolol (a beta-blocker)

Known as Betaloc CR, Lopressor, Slow Lopressor, Myloc CR

## What is it used for?



Heart failure



Heart rate control



After heart attacks



Chest pain or angina



High blood pressure



Preventing migraines



Overactive thyroid

Metoprolol is usually a long term medicine. People who take metoprolol are less likely to come into hospital with heart problems and more likely to live longer.

## My dose

I'm taking metoprolol for: \_\_\_\_\_

Immediate release tablet

Controlled release tablet

Dosage (can change): \_\_\_\_\_ Number of doses per day: \_\_\_\_\_

Notes: \_\_\_\_\_

## How do I take it?



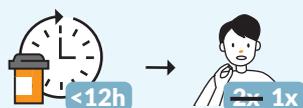
Take your dose with water.  
Can be taken with or without food.



Can be halved with a pill cutter  
if a smaller dose is needed.



If you miss your dose, take the missed dose as soon as you remember.



But if it is less than 12 hours until your next dose, only take one dose and do not double up.

### Controlled release tablet (CR):



Once a day in the morning (sometimes twice a day)



Do not crush or chew tablets

### Immediate release tablet:



Usually taken 2-3 times a day

## Possible side effects

Common side effects include:



Dizziness



Upset tummy



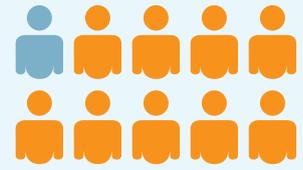
Tiredness



Headache



Cold hands or feet



1 out of 10 people experience common side effects.

Uncommon side effects include:



Trouble sleeping or unusual dreams



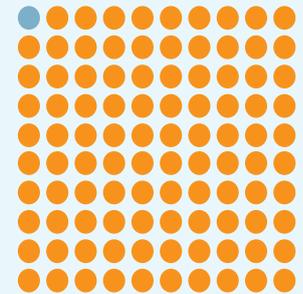
Trouble with memory or focus



Low mood



Problems having sex



1 out of 100 people have uncommon side effects.

Many side effects will go away with time. If side effects continue for more than two weeks, talk to your doctor or pharmacist.

## Other things to be aware of



- Please tell your doctor if you have asthma or a lung condition.
- Stopping metoprolol suddenly can cause problems.
- If you would like to stop your metoprolol or try a different medicine, talk to your doctor or pharmacist.

## Medicines that can react with metoprolol\*



**Anti-inflammatories** such as:

- diclofenac (e.g. Voltaren)
- ibuprofen (e.g. Nurofen)
- mefenamic acid (e.g. Ponstan)
- naproxen (e.g. Naprogesic)



**Cold and flu tablets** with:

- phenylephrine (e.g. Sudafed PE)
- diphenhydramine (e.g. Benadryl)

\*if you are on any of these medicines or other medicines that can slow down the heart rate, talk to your doctor or pharmacist