

Oxprenolol (say: ox-pren-o-loll) for anxiety

What is oxprenolol used for?

- Oxprenolol (also called Trasicor[®] and Corbeton[®]) is a beta-blocker and can be used in lower doses to help the symptoms of anxiety
- It does this by reducing your heart rate a little so it helps stop the feelings of anxiety and panic
- It is also used to help the symptoms of high blood pressure, angina and other heart problems
- It is made as tablets. Propranolol (another beta-blocker) is also sometimes used.

What is the usual dose of oxprenolol?

- The usual dose of oxprenolol for anxiety is around 20-40mg three times a day.

How should I take oxprenolol?

- Swallow the tablets with at least half a glass of water whilst sitting or standing
- This is to make sure that they reach the stomach and do not stick in your throat.

When should I take oxprenolol?

- Take your oxprenolol as directed on the label
- Try to take it at regular times each day
- Taking it at mealtimes may make it easier for you to remember as there is no problem about taking oxprenolol with or after food.

What are the alternatives to oxprenolol?

- This will depend on what you are taking it for
- There are many other medicines (e.g. SSRIs, propranolol), talking therapies and treatments for anxiety.

☞ See our "Handy charts" for e.g. anxiety and panic to help you compare the medicines available

☞ This will help you discuss your care with your doctor, case manager or pharmacist.

How long will oxprenolol take to work?

- For anxiety, the effect will start in a few hours.

How long will I need to keep taking it for?

- This will depend on what you are taking it for
- For anxiety, it will be for as long as you think you want or need it for.

Is oxprenolol addictive and can I stop taking it suddenly?

- Oxprenolol is not addictive but it is unwise to stop taking it suddenly, even if you feel better as your symptoms can return if treatment is stopped too early
- This may occur some weeks or even months after oxprenolol has been stopped
- When the time comes, you should withdraw oxprenolol by a gradual reduction in the dose over several weeks
- You should discuss this fully with your doctor, case manager or pharmacist.

See our handy fact sheet on 'Coming off medicines'

What should I do if I forget to take a dose of oxprenolol at the right time?

- Take the missed dose as soon as you remember unless it is within about 3-4 hours of your next dose
- If you remember after this just take the next dose as normal
- Do not try to catch up by taking two doses at once as you may get more side-effects.

If you need to take this every day and have problems remembering (as many people do) ask your pharmacist, doctor or case manager about this. Webster and other packs can be used to help.

Will oxprenolol affect my other medication?

- Oxprenolol has a few possible interactions with other medicines. The main ones include:
- Make sure your doctor knows about any heart, breathing, thyroid or diabetic problems you have had in the past e.g. you should not normally take a beta-blocker if you have asthma
 - Oxprenolol can interact with some other drugs e.g. for high blood pressure, glaucoma and some antidepressants.

Please see the Consumer Medicine Information (CMI) leaflet for the full possible list. Not all of these interactions happen in everyone. Some of these medicines can still be used together but you will need to follow your doctor's instructions carefully.

Can I drink alcohol while I am taking it?

- If you drink alcohol it might slightly reduce the effect of oxprenolol.

Will I need any blood or other tests if I am taking oxprenolol?

- You should not need a blood test while you are taking oxprenolol.


Can I drive, cycle or operate a boat while I am taking oxprenolol?

- You may feel a bit sleepy at first when taking oxprenolol
- You should be careful as it may slow down your reaction times
- Until this wears off, or you know how oxprenolol affects you, do not drive or operate machines.

What sort of side-effects might I get if I am taking oxprenolol?

This table shows some of the most common side effects and any you might need to take action on. You must also see the Consumer Information Leaflet (CMI) for the full list of possible side effects but do not be worried by this. Some people get no side effects at all. Others may get some that are not listed. Some side effects are the brain getting used to a medicine and these usually wear off in a few days or weeks. Starting slower may help. If you think you might have a side effect to this medicine, you should ask your doctor, pharmacist or case manager.

| Side effect | What happens | What to do about it |
|---|--|---|
| VERY COMMON (<i>more than about 1 in 10 people might get these</i>) | | |
| Fatigue | You feel tired all the time. This may happen early on in treatment and should go away. | If you feel like this for more than a week after starting oxprenolol, tell your doctor. It may be possible to adjust your dose slightly. |
| Cold extremities | Your toes and fingers feel cold and go pale. | This may happen early on in treatment and should go away. If you feel like this for more than a week after starting oxprenolol, tell your doctor. It may be possible to adjust your dose slightly. |
| COMMON (<i>fewer than about 1 in 10 people might get these</i>) | | |
| Stomach upset | This includes feeling sick and getting diarrhoea (the runs). | If you feel like this for more than a week after starting oxprenolol, tell your doctor. |
| Sleep disturbances | You can't sleep very well and may have nightmares | If you feel like this for more than a week after starting oxprenolol, tell your doctor. |
| Dizziness | Feeling light-headed and faint, especially when you stand up. | Don't stand up too quickly. Try and lie down when you feel it coming on. Don't drive. Let your doctor know next time you meet. Make sure you drink enough water in hot weather especially if you sweat a lot. |
| RARE but important (<i>can be serious if not dealt with quickly</i>) | | |
| Wheeziness | When you find it difficult to breathe, and your chest feels tight. | This may happen if you have asthma. Contact your doctor now. |
| Bradycardia | A very slow pulse rate (under 50 beats per minute). | Contact your doctor now. |

 **Lifeline** provides 24hr telephone crisis support on 13 11 14 or visit www.lifeline.org.au for information & downloads

The small print: This leaflet is to help you understand more about propranolol. You must also read the manufacturer's Consumer Medicine Information (CMI) Leaflet. You may find more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else.

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