



Propranolol Regime in Headache:

Propranolol is a beta-blocker used to prevent the headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches or you reach the maximum dose of 80 mg twice a day. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	Morning	Evening
For 2 weeks take:		40mg
For 2 weeks take:	40 mg	40mg
Thereafter take:	80 mg	80 mg

Side-effects:

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: slow heart rate (bradycardia), light-headedness or fainting especially when getting up from a sitting or lying position (postural hypotension), low mood, fatigue, vivid dreams, nausea, and stomach upset.

Contraindications:

This drug is contraindicated for patients who have asthma and Raynaud's disease.

Pregnancy and Breast feeding :

Propranolol is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**