



## COMPLEX CHRONIC DISEASES PROGRAM

### Medication Handout

Date: May 15, 2018

### Medication: Propranolol (Inderal) 10 mg for MIGRAINE

#### What is propranolol:

Propranolol is a type of medication known as a “beta-blocker.” It blocks adrenaline and related chemicals. It can be used for migraine prevention. It can also be helpful for the physical effects of anxiety.

#### Expected Benefit:

- Usually takes several weeks to notice a benefit for migraine prevention
- You may not notice a benefit until a dose of 40 mg per day is reached

#### Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Dizziness
- Low heart rate
- Low blood pressure
- Fatigue
- Low mood

#### Stopping the medication:

This medication should not be stopped abruptly if being used regularly or at higher doses. Your doctor may advise you to reduce the dose slowly.

#### How to use this medication:

- Take this medication with or without food

#### Dosing Schedule:

- Start with 10 mg in the morning
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you experience side effects
  - You might want to lower the dose one step

Morning	Evening	
10 mg		For 1 week
10 mg	10 mg	For 1 week
20 mg	10 mg	For 1 week
20 mg	20 mg	Stay on this dose for 4 – 8 weeks

- Further dose increase should be coordinated with the clinic

Date: May 15, 2018

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.