



Nadolol for abnormal heart rhythms

This leaflet is for parents and carers about how to use this medicine in children. Our information sometimes differs from that provided by the manufacturers, because their information is usually aimed at adults. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

- Tell your doctor if your child has ever had asthma or episodes of wheezing, before giving nadolol, as it can trigger asthma.
- Do not stop giving nadolol suddenly, as this may cause harm.

Name of medicine

Nadolol

Nadolol is made by several manufacturers and is labelled as nadolol.

Why is it important for my child to take this medicine?

In some children, the heart does not beat with a regular rhythm or pattern. This is called arrhythmia. Nadolol will help your child's heart to beat with a proper rhythm and rate (speed) so that it pumps blood around the body more efficiently. Nadolol can be used for different types of arrhythmia, long QT syndrome, catecholaminergic polymorphic ventricular tachycardia (also called CPVT) and refractory ventricular arrhythmias.

What is Nadolol available as?

- **Tablets:** 80 mg
- **Liquid medicine** can be ordered from your pharmacy

When should I give nadolol?

Nadolol can be given once or twice each day.

- **Once a day:** this can be in the morning OR the evening.
- **Twice a day:** this should be once in the morning and once in the evening. Ideally, these times are 10–12 hours apart, for example sometime between 7 and 8 am, and between 7 and 8 pm.

Give the medicine at about the same time(s) each day so that this becomes part of your child's daily routine, which will help you to remember.

How much should I give?

- Your health professional may suggest that your child has a low dose to start with. They may then increase the dose as your child gets used to the medicine and depending on how your child responds to it.
- The dose may need to be adjusted from time to time. Your health professional will tell you if this is necessary. Do not change the dose unless you have been told to.



It is important that you follow your health professional's instructions about how much to give.

How should I give it?



Tablets should be swallowed with a glass of water, juice or squash. Your child should not chew the tablet. You can crush the tablet and mix it with a small amount of soft food such as yogurt, jam or mashed potato. Make sure your child swallows it all straight away, without chewing.

Sometimes, to provide the correct dose of nadolol, your health professional may tell you to give part of a tablet or to disperse a tablet in a small amount of water and give some of the mixture. Your health professional will tell explain what to do if this is necessary. This method should only be used if you have been told to do it. Pour any leftover mixture into a paper towel and put in the bin. Do not pour it down the sink.



Liquid medicine: Shake the medicine well.

Measure out the right amount using an oral syringe. You can get these from your pharmacist.

Do not use a kitchen teaspoon as it will not give the right amount. Make sure your child takes it all straight away.



Liquid medicine comes in several different strengths. Make a note of which one you usually have. Check each time that you have been given the right one.

When should the medicine start to work?

The medicine should start to work straight away.

What if my child is sick (vomits)?

- If your child is sick less than 30 minutes after having a dose of nadolol, give them the same dose again.
- If your child is sick more than 30 minutes after having a dose of nadolol, you do not need to give them another dose. Wait until the next normal dose.
- If your child is sick again, seek advice from your health professional. They will decide what to do based on your child's condition and the medicine involved.

What if I forget to give it?

If you usually give it once a day

- **If you usually give it in the morning:** if you remember up to 12 hours after you should have given the dose, give the missed dose.
- **If you usually give it in the evening:** If you remember before your child goes to bed, give the missed dose. If you remember after this time do not give the missed dose. Wait until the next normal dose.

If you usually give it twice a day

If you remember within 4 hours, give your child the missed dose. For example, if you usually give a dose at 7 am, you can give the missed dose at any time up to 11 am. If you remember after this time, do not give the missed dose. Wait until it is time to give the next normal dose.

What if I think I have given too much?



It may be dangerous to give too much nadolol. If your child has any of the following symptoms, they may have had too much nadolol:

- they feel faint, dizzy, or cold and sweaty
 - they have a seizure or fit
 - slow or rapid heart rate (they may feel as though their heart is racing or fluttering)
 - they begin to breathe quickly or have trouble breathing.
- Contact your health professional or take your child to hospital. Take the medicine container or packaging with you, even if it is empty. This will be useful to the doctor.

Are there any possible side-effects?

We use medicines to make children better, but sometimes they cause effects that we don't want (side-effects).

Side-effects you must do something about



If your child is short of breath or wheezy after having nadolol, take them to hospital or call an ambulance, as the medicine may have triggered an asthma attack.



If your child's face, lips or tongue start to swell, or they develop a rash, they may be allergic to nadolol. Take them to hospital or phone for an ambulance.



If your child has an irregular or fast heart beat (they may say their heart feels fluttery or is racing), contact your health professional straight away.



Nadolol occasionally causes serious side-effects. Contact your doctor straight away if your child has any of the following symptoms:

- Pain in chest, feeling weak or dizzy
- Feeling nervous, anxious, shaky or sweaty (these could be signs of low blood sugar levels)
- Your child may feel dizzy or light-headed when they stand up, or may faint. Encourage them to stand up slowly, and to sit or lie down if they feel dizzy or light-headed. If this happens frequently, contact your doctor to check your child's blood pressure, as it may be too low.

Children may have any of the following side-effects when they first start taking nadolol, but these should wear off after a week or so.

- They may feel sleepy or their sleep may be disturbed.
- They may get headaches.
- They have changes in mood, get nightmares or see strange things (hallucinations).
- Some children find that their eyesight is blurry or double.
- They may get stomach ache, bloating, indigestion, nausea, vomiting, constipation, diarrhoea, or loss of appetite.
- If your child feels numbness, weakness or 'pins and needles' in their arms or legs, contact your doctor, as there may be a problem with your child's nerves.
- Your child's hair may become thinner and some may fall out. It should grow back when the medicine is stopped.

Nadolol for abnormal heart rhythm

Can other medicines be given at the same time as Nadolol

- You can give your child paracetamol or ibuprofen, unless your doctor has told you not to.
- Nadolol should not be taken with some medicines that you get on prescription. Tell your doctor and pharmacist about any other medicines your child is taking before giving nadolol. This includes herbal medicines.

Is there anything else I need to know about this medicine?

- You must tell your doctor if your child has ever had asthma or wheezy chest episodes, before giving nadolol, as, rarely, it may make asthma worse.
- Your doctor will need check your child's blood pressure, pulse rate and heart rhythm regularly while taking nadolol. It is important that your child goes to these appointments.
- **Do not** suddenly stop giving nadolol to your child, as it might increase blood pressure, heart rate and affect heart rhythm.
- If you or your child wants to stop this medicine, discuss this with your doctor. They will explain how to reduce the dose bit by bit, so that your child doesn't get withdrawal symptoms. Do not reduce the dose without discussing this with your doctor.



When you get a new prescription of liquid medicine, check the strength and how much to give your child, as it may be different from the previous bottle.

- The liquid medicine does not keep for long once it has been opened. Write the date that you start it on the bottle and make sure you follow the instruction on the bottle about how long you can keep it.

General advice about medicines

- If you are not sure a medicine is working, contact your doctor but continue to give the medicine as usual in the meantime. Do not give extra doses, as you may do harm.
- Only give this medicine to your child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.

Who to contact for more information

Your healthcare team will be able to give you more information about nadolol and about other medicines used to treat abnormal heart rhythms. You can also get useful information from:

England: NHS 111

Tel 111 [nhs.uk](https://www.nhs.uk)

Scotland: NHS 24

Tel 111 [nhs24.scot](https://www.nhs24.scot)

Wales: NHS 111 Wales

Tel 111 [111.wales.nhs.uk](https://www.111.wales.nhs.uk)

Northern Ireland: NI Direct

[nidirect.gov.uk](https://www.nidirect.gov.uk)

Arrhythmia Alliance (UK)

[hearthythmalliance.org](https://www.hearthythmalliance.org)

www.medicinesforchildren.org.uk