

Inderal (LA/XL) (propranolol)



What is it usually prescribed for?

High blood pressure (hypertension), involuntary shaking (tremor), migraine prevention, and other conditions. It is also sometimes prescribed for posttraumatic stress disorder (PTSD), aggression, and anxiety.



How does it work?

Inderal blocks the effects of the chemicals called adrenaline and norepinephrine. These chemicals make your heart rate faster and make you sweat or shake. When they are blocked, symptoms of PTSD, aggression, and anxiety may improve.

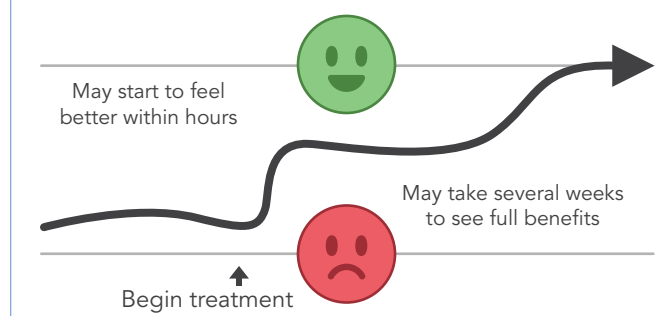


What should I expect?

Feelings of fear or worry may improve within hours of taking the first dose of Inderal. It can take several weeks for full relief of other symptoms and conditions.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects, so the dose can be changed if needed.

WHEN WILL I FEEL BETTER?



Take Inderal exactly as prescribed to get the full benefit of this medicine.



Will I have side effects?

You may or may not have side effects when taking Inderal. Some side effects go away during treatment as your body adjusts to the medicine. Higher doses of Inderal are associated with sexual side effects.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling dizzy	X	X		
Feeling very tired	X	X		
Nausea or throwing up	X	X		
Constipation	X		X	
Trouble sleeping		X	X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Inderal, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

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YOU'RE NOT ALONE!

In 2020, Inderal was prescribed nearly 8.5 million times in the United States.






What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Inderal unless your healthcare professional has told you to, because it can cause an irregular heart rate, sweating, and shaking.

Use less alcohol and recreational drugs. They may decrease the benefits of Inderal and increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Shortness of breath, tightness in your chest
- Blue fingers or toes
- Swelling ankles or feet
- Mental/mood changes
- Numbness or tingling of arms or legs
- Slow or irregular heartbeat, low blood pressure, fainting
- Increased thirst or urination

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text “HELLO” to 741741



Notes and questions for my next appointment

