



## Department of Pharmacy

# Information about Nadolol for use in children

## Information for parents and carers

### What is Nadolol?

Nadolol is a type of medication called a beta blocker. Nadolol prevents fast and dangerous heart rhythms developing. In children Nadolol is mainly used to treat heart rhythm diseases such as Long QT syndrome (LQTS) and Catecholaminergic polymorphic ventricular tachycardia (CPVT). Children with these conditions are usually well when taking this medication daily.

### Before you give Nadolol to your child

Tell your doctor or pharmacist if your child suffers from any of the following:

- Heart failure, heart block or arrhythmias.
- Breathing problems such as asthma, or bronchitis.
- Diabetes or low blood sugar.
- Overactive thyroid (hyperthyroidism).
- Kidney dysfunction or disease.

### Is Nadolol available in tablet form or as a liquid medicine?

Yes, Nadolol is available as 20mg, 40mg and 80mg tablets. Alder Hey Pharmacy Department also make it as a liquid medicine in a 10mg in 5 ml suspension.

### When should Nadolol be given?

Nadolol is normally given **once every day** when it would be as easy as possible for your child takes it. However, you should try and give Nadolol at the same time every day.

### How much Nadolol should I give?

Your doctor will work out the dose that is right for your child and this will be shown on the medicine bottle/packet label.

### How should I give to my child?

- **If your child will be taking Nadolol in tablet**  
They can be swallowed whole or they can be crushed and dispersed in 10ml of water. If your child is having difficulty taking tablets, tell the pharmacy or your doctor as liquid medicine may be more suitable
- **If your child will be taking Nadolol as a liquid medicine**  
Alder Hey will provide you medicine spoons or oral syringes which will be marked with the dose to give. Shake the bottle well before measuring the dose.  
Do not use kitchen teaspoons as they will provide the incorrect dose.

### When should Nadolol start taking effect?

Depending on the condition being treated it can start working immediately or the full beneficial effect may take a few weeks. Your doctor can give you more information about this.

### What should I do if my child vomits after taking Nadolol?

If your child vomits (is being sick) less than 30 minutes after having a dose of Nadolol, give the dose again.

If your child has vomited more than 30 minutes after having a dose of Nadolol, you **do not** need to give them another dose. Wait until your child's next normal dose is due.

### What if I forget to give it?

If you are giving your child's dose during the day then give the missed dose as soon as you remember on same day

If you normally give your child Nadolol during the evening then give the missed dose before your child goes to bed

If your child is already asleep in bed; then give the dose in the morning and go back to giving the medicine normally on the following day.

**Do not give your child two doses in one day to make up for a missed dose.**

### What should I do if I think I have given my child too much Nadolol?

If you think you have given your child too much then contact your doctor or telephone 111 for advice. It may be necessary to take your child into hospital. Keep the bottle/packet with you as this can provide useful information to whoever is helping you.

### Are there any possible side effects of taking this medication?

Like any medicine, Nadolol may have side effects but not everybody gets them. Common side effects include feeling dizzy or weak, stomach pains, constipation, diarrhoea, headaches. Speak to your doctor or pharmacist if these are troublesome.

**Stop giving Nadolol and see a doctor urgently if your child has any of the following:**

- An allergic reaction to this medicine. Signs that this has happened include difficulty breathing or swallowing, swelling of the face, lips, tongue and/or throat, severe itching of the skin, a red rash or raised lumps.
- Parents/carers of cardiac patients should contact the cardiac team urgently to arrange an alternative medication.

### Can other medicines be given at the same time as Nadolol?

- Check with your doctor or pharmacist **before** giving any other medicines to your child. This includes herbal or complementary medicines.
- Tell your doctor/pharmacist if your child is taking any other medication including over the counter medicines.

- You can give your child medicines that contain paracetamol or ibuprofen, **unless your doctor has told you otherwise.**

### General advice about medicines

Speak to your doctor before you stop giving Nadolol for any reason. Your child may be at risk if they suddenly stop taking this medicine.

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. .

If you think someone else may have taken this medicine by accident, contact your doctor straight away.

Make sure that you always have enough medicine. Order a new prescription at least two weeks before you will run out.

Make sure that the medicine you have at home has not reached the 'best before' or 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

This leaflet should be read in combination with any manufacturers' patient information.

### Who to contact for further details

- If you have further questions, problems with your child taking medication or problems getting your prescribed medicine from the local pharmacist. Please do not hesitate to speak to one of the Pharmacy team, or you can telephone us on 0151 252 5311.
- If your child is under the Cardiology Team you can also contact your Cardiologist or the Cardiac Specialist Nurses on 0151 252 5291.

### References

1.SANOFI. *CorgardTablets80mg*.<http://www.medicines.org.uk/emc/medicine/12767/SPC/Corgard+Tablets+80mg> (accessed 06/03/2017).

2. British Medical Association and the Royal Pharmaceutical Society. *British national formulary for children*.<https://www.medicinescomplete.com/mc/bnfc/current/search.htm?q=bnfc>(accessed 06/03/2017).

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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