

# Propranolol SR Regime in headache

Information and advice for patients

## Neurology

Propranolol is used to prevent the headaches from occurring. The dose should 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 160mgs twice per day. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible, to discuss reducing the dose to a level you previously tolerated, or stopping the medication.

	Morning	Evening
For 14 days take:	40mgs	-
For 14 days take:	40mgs	40mgs

If tolerating continue to increase as follows:

	Morning	Evening
For 14 days:	80mgs	40mgs
For 14 days:	80mgs	80mgs

Continue for 4 months. **UNDER SPECIALIST MONITORING** if you are tolerating and the headaches are not improving you could continue to increase as follows:

	Morning	Evening
For 14 days:	120mgs	80mgs
For 14 days:	120mgs	120mgs
For 14 days:	160mgs	120mgs
Thereafter:	160mgs	160mgs

The dose should be reduced if problematic side effects occur.

## Side Effects

As with all medications, there are potential side effects in a small number of patients. Common side effects include:

- Abdominal discomfort
- Bradycardia
- Confusion
- Depression
- Diarrhoea
- Dizziness
- Dry eye (reversible on discontinuation)
- Dyspnoea
- Erectile dysfunction
- Fatigue
- Headache
- Heart failure
- Nausea
- Paraesthesia
- Peripheral coldness
- Peripheral vascular disease
- Rash (reversible on discontinuation)
- Sleep disorders
- Syncope
- Visual impairment
- Vomiting

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### Pregnancy and Breastfeeding

Beta-blockers may cause intra-uterine growth restriction, neonatal hypoglycaemia, and bradycardia the risk is greater in severe hypertension.

With systemic use in the mother, infants should be monitored as there is a risk of possible toxicity due to beta-blockade. However, the amount of most beta-blockers present in milk is too small to affect infants.

### Further information

#### The migraine trust

<https://migrainetrust.org/>

(Website accessed & checked 21 July 2022)

For more information about our hospitals and services please see our websites

[www.swbh.nhs.uk](http://www.swbh.nhs.uk) follow us on Twitter @SWBHnhs and like us on Facebook

[www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs).

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### Sources used for the information in this leaflet

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