

# Tenormin (atenolol) basics

**Lowers blood pressure and controls heart rate.** Tenormin (atenolol) is good for controlling chest pain and treating a heart attack. It has fewer side effects than other beta blockers. You need to take it on an empty stomach and you can't skip doses.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

## Tips from pharmacists

- Lowers bad cholesterol and triglycerides. Raises good cholesterol.
- Avoid grapefruit and grapefruit juice while taking this medicine.
- Tell your doctor if you develop sudden muscle pain, fever, or weakness.
- Tell your doctor if you notice dark urine or yellowing in your eyes or skin.

## Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

### Heart attack or increased chest pain

Do not stop taking Tenormin (atenolol) suddenly without consulting your doctor if you have coronary artery disease, since chest pain (angina) can get worse or start a heart attack. Talk to your doctor first if you would like to stop this medication.

### Heart failure

There have been reports of people developing heart failure while taking Tenormin (atenolol). Talk to your doctor if you notice swelling in your feet or ankles, if your pulse feels fast or irregular, or if you have shortness of breath when you lie down or exercise.

### Slowing heart rate

You may notice your heart rate slowing when you take Tenormin (atenolol), especially if you take other medicines to slow your heart rate, such as calcium channel blockers. You may experience dizziness when you first take the medication. Be careful when getting up from either lying down or sitting to avoid falls. The body should adjust to this after a couple of weeks, but let your doctor know if this bothers you after using it for a few weeks.