



## Propafenone (Rhythmol ®)

### What is propafenone?

- ♥ Propafenone is a member of a group of medications called “anti-arrhythmics” that help the heart beat regularly.

### What is propafenone used for?

- ♥ Your heart has an electrical system made up of cells that are sometimes disorganized causing irregular heartbeats.
- ♥ Propafenone works to keep you safe by controlling these heartbeats and stabilizing the system.
- ♥ It is used to treat abnormal/ irregular heartbeats like:
  - Atrial Fibrillation
  - Atrial Flutter
  - Supraventricular tachycardia

### How does propafenone help with abnormal heartbeats?

- ♥ It changes or “converts” your irregular heartbeat to a regular one, also called sinus (normal) rhythm.
- ♥ Propafenone reduces:
  - The number of times you have an irregular heartbeat
  - The time an irregular heartbeat lasts
  - Heart rate
- ♥ It helps to make you feel better by reducing the side effects or symptoms of an irregular heartbeat.

#### Did you know?

It can take several weeks, before you notice your heart rhythm improving and you start feeling better.

### How should I take my propafenone?

- ♥ Take this medication regularly, evenly throughout the day as prescribed by your health care provider.
- ♥ Propafenone should be taken with food.
- ♥ Avoid eating grapefruit or drinking grapefruit juice while taking propafenone unless your health care provider or pharmacist says you may do so safely.
- ♥ Do not stop taking propafenone without instruction from your health care provider.

### What if I miss taking a dose?

- ♥ If it is almost time for your next dose, skip the dose you missed and take your next scheduled dose.
- ♥ Never take two doses at the same time.
- ♥ If you have questions about taking your medications, or missed doses, contact your pharmacist or your health care provider. In British Columbia, you can also call 8-1-1.

### Do not take any of the following without checking with your pharmacist or health care provider:

- Vitamins or supplements
- Herbal or naturopathic remedies.
- Traditional Chinese medicines
- Other “over-the-counter” medicines you can buy.





### Common Side Effects

It is important to talk with your health care provider about side effects and how best to deal with them. Most will improve with time. Contact your health care provider if any of these side effects do not go away or get worse.

Dizziness/light-headedness	Nausea or vomiting
Constipation	Metallic taste in the mouth
Headache	Dry mouth
Tiredness	Blurred vision

### Medication Tips

- ♥ Propafenone can sometimes cause dizziness or drowsiness; be careful when driving or using hazardous machinery until you know how this medication affects you. 
- ♥ To lower the chance of feeling dizzy, rise slowly from sitting or lying down.
- ♥ Propafenone can sometimes affect your liver. Watch for and contact your health care provider if you have any of the following:
  - Dark urine
  - Loss of appetite
  - Stomach pain
  - Light-coloured stools
  - Vomiting
  - Yellow skin or eyes
- ♥ Propafenone can sometimes interact with medications taken for other health conditions. 
- ♥ Your health care provider may need to adjust doses to ensure all your medications are safe and effective.
- ♥ Please check with your pharmacist before starting any new medication.

- ♥ Contact your health care provider right away if you have any of these signs:
  - Shortness of breath
  - New or worsening feelings of a fast-beating, or pounding heart
  - Chest pain or pressure
  - Yellowing of skin or eyes
  - Unexplained fever
  - Leg swelling or sudden weight gain
  - Skin rash
- ♥ Alcohol can impact both your medications and your health condition. Speak to your care provider about alcohol use.

Health Provider contact information

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To learn more about propafenone, go to the HealthLinkBC web site ([www.healthlinkbc.ca](http://www.healthlinkbc.ca)) or call 8-1-1.

