

Pindolol

Pindolol is a blood pressure medicine (called a beta-blocker) which is also used to help antidepressants work better.

How should I take it?

Pindolol can be taken with or without food. Usually it is taken in divided doses (e.g. 2-3 times per day).

What if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

How long do I need to take it?

There is a risk of depression returning after pindolol is stopped, but studies on its long-term use in depression are not available so the answer to this question will need to be personalized based on your history.

What happens if I stop it?

It's best to ease off any medication slowly, so call us if you plan to come off it. However, there are no withdrawal problems from stopping pindolol (except return of depression if you were using it to treat that). Blood pressure may increase briefly after it is stopped; this is not a problem unless you have heart disease in which case it needs to be stopped slowly.

Side effects

Pindolol is well tolerated and has few side effects that occurred more often on the drug vs. when compared to a sugar pill. Dizziness, low blood pressure and insomnia are possible. Since it can lower blood pressure, be careful when

standing up as you first start it as this may cause falls.

Warnings

Pindolol should not be taken if you have asthma, heart failure, heart block or extremely slow heart beat as it can cause problems in those conditions.

Pindolol is not safe in pregnancy and is excreted in breast milk.

Overdose

Seek emergency medical attention or call the Poison Help Line at 1-800-222-1212.

Interactions

The web site below helps you check for drug interactions. You should talk with us about the information you find as many drug interactions have only a mild effect:

reference.medscape.com/drug-interactionchecker

How to store and dispose of medication

- Keep out of the reach of children.
- Store away from heat, direct light and damp places.
- To safely dispose of unwanted pills: Do not pour in the toilet or sink (it will enter the water supply). To prevent children or pets from eating it, mix unwanted pills in a bag with a little water and inedible trash (such as coffee grounds or kitty litter) and throw in the trash.

Cost and insurance coverage

Pindolol is available in generic form. If you are paying out-of-pocket, the lowest cost is usually found at Costco (336-970-2300; you do not need to be a member to use their pharmacy) or through www.goodrx.com.

Quick facts

Brands	Visken
Dose range	2.5-60mg/day
Sizes	Tabs: 5, 10mg
Release date	9/3/1982
FDA-approval	High blood pressure

—Chris Aiken, MD, updated 11/15/15