

get a prescription for propranolol

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How do you go about getting prescribed this beta blocker? Worthington said that unlike the selective serotonin re-uptake inhibitors SSRI class of anti-depressants, beta blockers don't need to be taken every day to have an impact, meaning that patients can use them selectively 15 minutes to an hour before a big event. I take Propranolol for anxiety: The easiest way to lookup drug information, identify pills, check interactions and set up your own personal medication records. I first started taking Propranolol for anxiety a few months prior to my A-Level exams. Primarily used to treat heart diseases and high blood pressure, the drugs became popular with musicians after a study suggested they could improve performance and calm stage fright. To view content sources and attributions, please refer to our editorial policy. Enter your medication or condition: Just try and get to the doctor and let them know about all the reading you have done on it. Try searching for what you seek or ask your own question. I realised the negative cycle I was getting into and my mum and I went down to see my GP who prescribed me with Citalopram for depression and Propranolol for anxiety. Answer this Question Report Favorite. Please read more important details about our site. John Worthington, who has worked at The Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital for 23 years, says he has prescribed the medication to salespeople who often spend weeks preparing for one high-stakes meeting with a prospective customer. Kim Jong Su was stripped of two medals after testing positive. HeadMeds does not give you medical advice. I am interested in starting propranolol daily as I feel it will help with my symptoms and have heard very good reviews from people on here. My dr gave me a few pills for public speaking when I was finishing my degree, and I remember it helped my overall anxiety immensely. I only have 2 pills left though. Propranolol 10mg is a beta-blocker medicine used to relieve symptoms of anxiety & calm stressful situations. Start your assessment & buy online in the UK today. Nov 23, - 1 Answer - Posted in: high blood pressure, anxiety - Answer: Garcib4; Really no you should not have that bad of the time with getting Just prescribed propranolol? Maybe a silly question, but seriously, what is proper "etiquette" when asking your doctor to be prescribed a beta blocker? Hello everyone. Simply state that you have a fear of public speaking and you heard beta blockers such as propranolol would help. If you are in the military I wouldn't take the beta Doctor wouldnt prescribe propranolol. Aug 3, - Yes. You need a prescription for it. However, it is not hard to get. I went to a walk in clinic and told the doctor I wanted something to take that would help with the psychical symptoms of my situational anxiety. Since you only have to take it when you need it and it is not addictive at all, he had no problem giving. Hello everyone. I have an upcoming appointment with my doctor (yearly physical). I have never been diagnosed with anxiety, but I want to ask my. Propranolol: General Information and Side Effects - Duration: CardioGauge 53, views What. Propranolol is the name of a medicine that belongs to a group of medicines called beta-blockers. Your doctor may have prescribed propranolol for you to lower blood pressure or to treat irregular heartbeats. Your doctor may have given you propranolol to help increase your chance of surviving if you have had a heart attack. What is propranolol? Propranolol is classed as a beta blocker. Medicines in this category have been used for many years by doctors to treat and prevent many different conditions, including high blood pressure, angina, irregular heartbeat, anxiety, and migraines. In the management of migraines, propranolol is used as a. May 21, - I still have some break-through panic attacks but I am able to go to work and live a somewhat normal life. Xanax has saved my life. Without it I would be dead. Propranolol (Inderal) was prescribed to stop my heart from pounding, but I also found it helped with the anxiety. It also stopped me from shaking.