Your baby will attend for review every month so that we can monitor weight, heart rate and blood pressure and adjust the dose if needed.

Shared care may be arranged with your local hospital if possible.

**HOW LONG WILL MY CHILD BE ON PROPRANOLOL?**

Patients are usually on Propranolol for at least six months but this can be longer depending on the location of their haemangioma and the response to treatment. Very few children need treatment beyond 17 months of age.

**HOW IS PROPRANOLOL ADMINISTERED?**

Propranolol is in liquid form and is usually taken by mouth twice daily. The dosage may be adjusted by your doctor according to the response.

There are many strengths of Propranolol available in Ireland, however **oral liquid 50mgs/5ml (Syprol SF)** is the recommended preparation from Our Lady’s Hospital. It is advised that you do not switch between preparations. This concentration has been chosen so that your child does not need to take a large volume of liquid per dose.

Please contact the child's parents if you are worried about the child in your care at any stage. Ensure to notify them of any bleeding or bruising you may notice.

For more information on Propranolol, please contact The Dermatology Department in Children’s Health Ireland at Crumlin, Dublin.

**Contact Details:**

Phone 01 409 6100 and ask to be transferred to the Dermatology Department

**Remember:** Ask your nurse if you are unsure about anything about your child’s care.

**Additional instructions**

Developed by Dermatology Department

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WHAT IS AN INFANTILE HAEMANGIOMA?

Infantile Haemangiomas (strawberry birthmarks) are abnormal growths of blood vessels just below the skin. They are very common, occurring in 1 in 10 babies.

Haemangiomas appear small and flat shortly after birth but may become larger or problematic later on. Common sites are the head or neck but they can occur anywhere on the body, including the internal organs.

Haemangiomas grow fastest in the first six months of life (proliferate phase), after which time growth slows down but occasionally growth can continue after the first year of life. 50% of haemangiomas will have resolved by the time a child reaches 5 years of age and virtually all are gone before puberty.

HOW AND WHEN ARE HAEMANGIOMA TREATED?

Small haemangiomas may not need any treatment, as they will shrink spontaneously over time. Treatment is considered:

- if the haemangioma is encroaching on the eye
- if there is interference with breathing, feeding or bowel movements or
- If there is potential for significant disfigurement.

If treatment is required, Propranolol is currently the drug of choice.

WHAT IS PROPRANOLOL?

It is a drug called a beta-blocker, which has been used for many years for children with other medical problems. Its success in treating haemangiomas was first reported in 2008.

HOW DOES PROPRANOLOL HELP?

Propranolol can make blood vessels tighten. This is particularly helpful in haemangiomas as it reduces the blood flow, lightens the colour and makes haemangiomas softer. It also slows the growth and speeds up shrinkage in the majority of cases.

ARE THERE SIDE EFFECTS?

Side effects include a slow heart rate and low blood pressure, which will be monitored by the Medical team. Other side effects include:

- Cool extremities (hands and feet)
- Sleep disturbance (restlessness, night terrors)
- Wheezing
- Low blood sugar which is more common in premature babies or if a baby is not feeding properly
- Loose stool

WHAT SHOULD YOU LOOK OUT FOR?

If you notice persistently cold feet or if your baby is unwell, clammy, pale, weak or listless, this may be sign of low blood pressure or low blood sugar.

WHAT SHOULD YOU DO?

Phone the hospital (01-409 6100) and ask to speak to a member of the Dermatology Team. If your concern is urgent, take the baby to your GP or the nearest hospital or ring 999.

HOW CAN YOU AVOID SOME OF THESE SIDE EFFECTS?

- Give the Propranolol with feeds as much as possible and avoid long periods during the day and night without feeds. Infants less than 6wks feed every 4hrs, between 6wks and 4mts every 5hrs, over 4mts of age feed every 6-8hrs.

Most babies benefit from wearing extra socks under their Babygro to keep feet warm

WHAT DOES STARTING PROPRANOLOL INVOLVE?

Most babies can start treatment as an outpatient. Premature babies or babies with underlying medical conditions may have to be admitted for observation and review by other specialties.

Your baby will have a clinical photograph before commencing propranolol so that we can monitor progress

Weight, blood pressure and heart rate will be checked.

Propranolol is usually taken twice a day or may be prescribed 3 times daily.

FOLLOW UP

Patients return to the Dermatology Nurse clinic for monitoring one week after starting treatment.

Please bring bottle of medication with you to all appointments to confirm dose concentration.