



PATIENTS TAKING BETA ADRENERGIC BLOCKERS AT HOME

Patient Information

Beta-Blockers are used to treat high blood pressure. Some are also used in the relief of angina (chest pain) and in heart attack patients to prevent more heart attacks. Some are also used to correct irregular heart beats, to prevent migraine headaches, and to treat tremors. Beta-Blockers may also be used for other conditions.

Know when to call your doctor.

- Measure your pulse rate before each dose and report any rate below 50 beats/minute or any irregularity to the doctor.
- Check your blood pressure frequently. Notify your doctor of any significant changes.
- If you have diabetes and take medications to control your blood glucose level, you will need to monitor this level closely because beta-blockers may alter your dosage requirements.

Tell your doctor, nurse, and pharmacist if you:

- Have allergies.
- Are pregnant or plan to become pregnant or are breast feeding.
- Are taking any other medication, including those you buy yourself, such as aspirin or cold medicine.
- Have any other medical problems.

Minimize adverse reactions

- Remember to change your positions slowly (especially from a lying to a standing position) and dangle your legs over the bedside for a few minutes before standing to decrease dizziness. Lay down immediately if dizziness or faintness occurs.
- Take the drug as prescribed even when you are feeling better.
- If you have coronary artery disease, continue taking the drug, but notify your doctor if unpleasant side effects occur because abrupt discontinuation can cause a heart attack or increased angina (chest pain).
- Check with your doctor or pharmacist before taking any over the counter medicines, i.e. aspirin, cold medications, etc.

- Schedule rest periods throughout the day if fatigue occurs. Notify the doctor of any excessive fatigue or dizziness.
- Avoid driving, operating machinery, or performing any potentially hazardous activities if you feel tired or excessively fatigued.
- Avoid late evening doses if the drug produces insomnia.
- If you miss a dose of this medicine, take it as soon as possible, however, do not take two doses the next day if you missed a dose.

Other important instructions.

- Report to your doctor immediately any breathing difficulty, cold hands and feet, mental depression, shortness of breath, slow heart beat (especially less than 50 beats per minute), swelling of ankles, feet, or lower legs.
- Some side effects are not serious, however, tell your doctor if these bother you or they do not go away: decreased sexual ability, dizziness or light-headedness, drowsiness (slight), trouble sleeping, unusual tiredness or weakness.

Please feel free to ask your doctor, nurse, or pharmacist if you do not understand these instructions or want more information.

Do not give any of this medicine to others for it may hurt them.

Do not leave this medicine where children can get it.

Examples of Beta Blockers:

Atenolol (Tenormin)	Pindolol (Visken)
Cartrol (Carteolol)	Propranolol (Inderal)
Corgard (Nadolol)	Sectral (Acebutolol)
Kerlone (Betaxolol)	Timolol (Blocadren)
Levatol (Penbutolol)	Toprol XL (Metoprolol)
Metoprolol (Lopressor)	Zebeta (Bisoprolol)
Normodyne (Labetalol)	