



PATIENTS TAKING CALCIUM CHANNEL BLOCKERS AT HOME

Procardia (Nifedipine), Cardizem (Diltiazem), Verapamil (Calan, Isoptin, Veralan), Amlodipine (Norvasc)

Patient Information

Calcium channel blockers are used to relieve and control angina (chest pain). Some are also used to treat high blood pressure (hypertension), prevent migraine headaches, or prevent and treat problems caused by a burst blood vessel in the head (also known as a ruptured aneurysm and subarachnoid hemorrhage). Calcium channel blockers are also used for other conditions as determined by your physician.

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 prescription or non-prescription medication, especially any other medications for the heart.

When taking this medication:

- Swallow whole without breaking, crushing, or chewing.
- Do not change to another brand without first checking with your doctor.
- Your doctor may tell you to break the tablet in half. Do this only if you are instructed to do so. Also, take the tablets with food or milk.

Additional instructions

- Take exactly as directed, even if you feel well. Do not take more or less of this medicine and do not take it more often than your doctor ordered.
- Do not miss any doses. **If you do miss a dose, take it as soon as possible.** However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double dose.
- If you have been using this medicine regularly for several weeks, do not suddenly stop taking it. Stopping suddenly may bring on your previous problem. Check with your doctor for the best way to reduce gradually the amount you are taking before stopping completely.

- Chest pain resulting from exercise or exertion is usually reduced or prevented by this medicine. This may tempt you to be overly active. Make sure you discuss with your doctor a safe amount of exercise for your medical problem.
- In some patients, tenderness, swelling, or bleeding of the gums may occur. Brushing and flossing your teeth carefully and regularly and massaging your gums may help prevent this. See your dentist regularly. Check with your physician or dentist if you notice any tenderness, swelling, or bleeding of your gums.

Adverse reactions that should be reported to your doctor:

- Less common - breathing difficulty, coughing or wheezing, dizziness, irregular or fast or slow heartbeat, skin rash, swelling of ankles, feet or lower legs.
- Rare - bleeding, tender or swollen gums, chest pain, fainting (painful, swollen joints - Procardia only).
- Additional side effects to be alert to - dizziness, headache, fatigue, slow heart rate, peripheral edema (swelling), constipation, nausea, and elevated liver enzymes.

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.