

# Calcium Channel Blockers

## Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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*Designed by:* Nova Scotia Health Library Services

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**If you have any of these less serious side effects, talk with your primary health care provider (family doctor or nurse practitioner) or pharmacist:**

- › Tiredness that does not go away
- › Headache
- › Flushed skin (skin feels warm and looks red, pink, or darker)
- › Dizziness

**If you have other side effects that you think are caused by this medication, tell your primary health care provider or pharmacist.**

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

## Warnings

- Check with your health care provider or pharmacist before taking this medication if you have:
  - › Heart failure
  - › Liver disease
- **Do not take this medication if you are pregnant or think you may be pregnant.**
- **Do not take this medication if you are breastfeeding.**
- This medication may raise your chance of having swollen gums. **It is important to brush and floss your teeth.**



## Call 911 or go to the nearest Emergency Department right away if you:

- › Have a slow, fast, or irregular heartbeat
- › Have chest pain that lasts longer than 15 minutes
- › Are wheezing or have trouble breathing
- › Faint
- › Have swelling in your ankles or feet
- › Have a skin rash

# Calcium Channel Blockers

## Why do I need this medication?

- Calcium channel blockers may be used to treat chest pain. They can help your heart get more blood and oxygen.
- They may also be used to control high blood pressure.

## Examples:

- › Diltiazem (Cardizem<sup>®</sup>, Cardizem<sup>®</sup> SR, Cardizem<sup>®</sup> CD, Tiazac<sup>®</sup>, Tiazac<sup>®</sup> XC)
- › Verapamil (Isoptin<sup>®</sup>, Isoptin<sup>®</sup> SR)
- › Nifedipine (Adalat<sup>®</sup>, Adalat<sup>®</sup> XL)
- › Amlodipine (Norvasc<sup>®</sup>)
- › Felodipine (Plendil<sup>®</sup>)

My medication: \_\_\_\_\_

## How do I store this medication?

- Store your medication in a tightly closed container at room temperature away from heat, moisture, and direct light.
- **Do not** store it in the bathroom.
- Keep all medication out of the reach of children and pets.

## How do I take this medication?

- Take this medication exactly as your health care provider told you, **even if you feel fine**.
- **Do not** stop taking this medication unless your health care provider tells you to.
- You must take this medication regularly for it to work well. **Do not** miss any doses.
- If you have trouble swallowing your pills, talk with your health care provider or pharmacist.
- Make sure you always have enough of your medication. Have your prescription refilled early so that you do not run out.

## What do I do if I miss a dose?

- Take the missed dose as soon as you remember.
- Skip the missed dose if it is almost time for your next dose.
- **Do not** take 2 doses at the same time.

## Medications and foods to avoid

- Talk with your health care provider or pharmacist before taking any other medications, including over-the-counter products or natural health products.
- Talk with your health care provider or pharmacist before taking:
  - > Digoxin (Toloxin<sup>®</sup>)
  - > A beta blocker (like Lopressor<sup>®</sup>, Inderal<sup>®</sup>)
  - > Phenytoin (Dilantin<sup>®</sup>)
  - > Cimetidine (Tagamet<sup>®</sup>)
- **Grapefruit and grapefruit juice can affect how this medication works.** Check with your health care provider or pharmacist before eating grapefruit or drinking grapefruit juice.

### What are your questions?

Please ask a member of your health care team. We are here to help you.