



Patient & Family Guide
2018

Calcium Channel Blockers



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Calcium Channel Blockers

Why do I need this medication?

A calcium channel blocker may be used to treat chest pain by increasing the amount of blood and oxygen to your heart. It may also be used to control high blood pressure.

Examples:

- › diltiazem (Cardizem[®], Cardizem[®] SR, Cardizem[®] CD, Tiazac[®], Tiazac[®] XC)
- › verapamil (Isoptin[®], Isoptin[®] SR)
- › nifedipine (Adalat[®], Adalat[®] XL)
- › amlodipine (Norvasc[®])
- › felodipine (Plendil[®])
- › digoxin (Toloxin[®])

My medication is: _____

How to take and store this medicine

- Keep all medicines out of the reach of children.
- Calcium channel blockers must be taken regularly in order to work best.
- Make sure that you always have enough of your medication. Have your prescriptions refilled early so that you do not run out.

If you are having trouble swallowing your tablets or capsules ask your doctor, nurse practitioner, or pharmacist for guidance.

If you miss a dose

- Take the missed dose as soon as possible.
- Skip the missed dose if it is closer to the time for your next dose.
- Do not take 2 doses at the same time.

Drugs and foods to avoid

- **Ask your doctor, nurse practitioner, or pharmacist before taking any other medicine, including over-the-counter products.**
- Check with your pharmacist before eating grapefruit or drinking grapefruit juice.
- Make sure your doctor or nurse practitioner knows if you are taking digoxin (Toloxin®), beta blocker drugs (Lopressor®, Inderal®), phenytoin (Dilantin®), or cimetidine (Tagamet®).

Warnings

- Check with your doctor or nurse practitioner before taking calcium channel blockers if you have heart failure or liver disease.
- If you are pregnant or breastfeeding, talk to your doctor or nurse practitioner before taking this medicine.
- Do not stop taking this medicine even if you feel better, unless your doctor or nurse practitioner tells you to.
- It is important to brush and floss your teeth regularly to prevent swollen gums.



Call your doctor or nurse practitioner right away if you have any of these serious side effects:

- › chest pain that lasts longer than 15 minutes
- › slow, fast, or irregular heartbeat
- › wheezing or trouble breathing
- › skin rash
- › swollen ankles or feet
- › fainting

If you have problems with these less serious side effects, talk with your doctor, nurse practitioner, or pharmacist:

- › tiredness that doesn't go away
- › headache
- › flushing and feeling warm
- › dizziness

If you have other side effects that you think are caused by this medicine, talk with your doctor, nurse practitioner, or pharmacist.

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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