PRESBYTERIAN

HOW TO TAKE A CALCIUM CHANNEL BLOCKER

You are taking _____, which is a calcium channel blocker. Calcium channel blockers are used to treat a wide variety of heart, kidney, and blood vessel diseases.

Take this medication according to the following routine:

❤ Take the medication as you are directed on the label. Do not suddenly stop taking the medication without consulting with your physician. This medication can be taken with or without food.

❤ Do not chew or crush your medication. If you have trouble swallowing your medication, then discuss this with your pharmacist.

❤ If you forget a dose, take it as soon as you remember. If it is almost time for your next dose, wait until then and take the next regularly scheduled dose. Do not take extra medicine to make up a missed dose.

❤ Get up slowly from sitting and lying positions to decrease the chance of risk of getting dizzy.

❤ If you have liver or kidney disease, diabetes, or heart failure, your physician may adjust the dose or order tests that help to use this medication safely.

❤ Grapefruit or grapefruit juice interacts with some calcium channel blockers (felodipine/Plendil, nifedipine/Procardia, and nisoldipine/Sular). In these instances you should limit or avoid eating grapefruit or drinking grapefruit juice.

❤ Most people take calcium channel blocker without side effects. Potential side effects include swelling, dizziness, headache, constipation, and rash.

We are pleased to answer your questions or discuss your condition with other health care professionals.

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