PRESBYTERIAN

Albuquerque, NM

HOW TO TAKE A BETA BLOCKER

You are taking _____, which is a beta blocker.

Beta blockers are commonly used to treat a wide variety of heart and blood vessels diseases.

It is best to take beta blockers 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 and without food.
- ♥ If you forget a dose, take it as soon as you remember. If your next dose is less than 4 hours away, wait until then and take the next regularly scheduled dose. Do not take extra medicine to make up a missed dose.
- ♥ Do not chew or crush your medication. It can cause too much of the drug to be released at one time.
- ♥ Get up slowly from sitting and lying positions to decrease the chance of risk of getting dizzy.
- ♥ If you have asthma, bronchitis, diabetes, depression, liver or kidney disease, or thyroid disorders, your physician may adjust the dose or order tests that help to use this medicaton safely.
- ♥ If you take non-steroidal anti-inflammatory pain medications (like ibuprofen, Motrin, Advil, naproxen, Aleve, nabumetone, Relafen, piroxicam, Feldene, Celebrex), please tell your physician. These medications can decrease the effect of beta blockers.
- ♥ If this medication bothers your stomach, taking it with a meal can help. Most people take a beta blocker without side effects. Occasional side effects include fatigue, dizziness, decreased sex drive and shortness of breath.