

Your medication information for Coronary Artery Disease

Calcium channel blockers

| Active Ingredient Name | Some Common Brand Names |
|------------------------|--|
| Amlodipine | Amlo [®] , Nordip [®] , Norvapine [®] , Norvasc [®] , Ozlodip [®] , Perivasc [®] |
| Felodipine | Felodil [®] , Felodur [®] , Fendex [®] , Plendil [®] |
| Lercanidipine | Ledip [®] , Lercadip [®] , Lercan [®] , Znidip [®] , Zircol [®] , |
| Nifedipine | Adalat [®] , Adalat Oros [®] , Addos [®] , Adefin [®] , Nyefax [®] |
| Diltiazem | Cardizem [®] , Coras [®] , Diltahexal [®] , Dilzem [®] , Vasocardol [®] |
| Verapamil | Anpec [®] , Cordilox [®] , Isoptin [®] , Veracaps [®] |

What are calcium channel blockers?

Calcium channel blockers are used to:

- ♥ Relax blood vessels and increase blood flow to the heart muscle
- ♥ Reduce high blood pressure
- ♥ Prevent angina (chest pain).

What should I do while taking them?

Take your calcium channel blocker every day according to the doctor's instructions.

- ♥ Most calcium channel blockers are taken once a day.
- ♥ Verapamil should be taken with food.
- ♥ Lercanidipine should be taken on an empty stomach, at least 15 minutes before a meal.
- ♥ Amlodipine, felodipine, nifedipine and diltiazem may be taken with or without food.

Do not stop taking your calcium channel blocker without talking to your doctor.

- ♥ Stopping your calcium channel blocker suddenly can make your condition worse.
- ♥ If you do need to stop taking it, your doctor will tell you how to reduce the dose gradually before stopping.

Avoid eating grapefruit or drinking grapefruit juice while being treated with calcium channel blockers.

- ♥ Grapefruit juice can affect the way your body processes these medicines.

What are the possible side effects?

- ♥ You may feel dizzy when you first start taking a calcium channel blocker or when the dose is increased.
 - To avoid dizziness, get up slowly from sitting or lying down.
 - Sit or lie down if you feel dizzy or light-headed.
 - Tell your doctor if you continue to feel dizzy after the first few weeks.
- ♥ Other possible side effects of calcium channel blockers include headaches, flushing, ankle swelling and constipation. Speak to your doctor or pharmacist if you experience any side effects so they can help you.
- ♥ Read the consumer medicines information leaflet or speak to your doctor or pharmacist if you would like more information about possible side effects.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

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