

Medication Management - Alpha Blocker (alpha-adrenergic blockade)

Take this medicine to...

- treat high blood pressure.

It lowers your blood pressure by relaxing and widening (dilating) your blood vessels.

Precautions:

- Take it with food to avoid an upset stomach
- Take it at the same time(s) each day.
- You may become dizzy and fall (postural hypotension). Get up slowly and hold onto something!
- Tell your health providers and dentist every medicine you take, including vitamin, supplements, herbs, and over-the-counter medicines.
- Check your blood pressure at least every 3 months, more often when it is not at goal.
- If you miss a dose you may take it if at least ½ the time to the next dose is left. Don't double up to catch up, that may cause problems.

Report side effects or other health problems to your doctor!

Common side effects include...

- Dizziness
- Headache
- Muscle pain
- Sick to stomach (nausea or vomiting)
- Swelling in legs and hands (edema)
- Hard bowel movements (constipation)
- Loose bowel movements (diarrhea)
- Runny nose (rhinitis)
- Sleepiness or tiredness
- Weakness

Serious side effects include...

- chest pain
- Hoarse voice or tight throat (pharyngitis)
- Rapid heart beat (tachycardia)
- Ringing in your ears (tinnitus)
- Trouble urinating
- Low white blood cell count (leukopenia or neutropenia)
- Irregular heart beat (arrhythmia or palpitations)
- Rash (pruritus)
- Trouble breathing (shortness of breath)

Medicines that interact alpha blockers include...

- Butcher's Broom
- Cold medicines and decongestants