

# Medication management: Beta Blocker - Beta adrenergic blockade

## Take this medicine to...

- slow the heartbeat.
- prevent more heart damage after a heart attack.
- prevent worsening of heart failure.
- treat high blood pressure.

It works by blocking a chemical that causes the heart muscle to work harder than necessary. It slows the heartbeat and allows the heart to use less oxygen.

## Precautions:

- Take it with food.
- Don't use your pulse rate to judge how hard you are working or exercising.
- 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 you are less than half-way to the time of your next dose. Don't double up to catch up, that may cause problems.
- Don't stop this medicine before talking to a medical professional first!

**Report** any side effects or other health problems to your doctor!

## Common side effects include...

- constipation
- depression
- hallucinations
- light headedness
- nausea
- slow heartbeat
- cramping
- diarrhea
- insomnia
- low blood pressure
- rash
- tiredness

## Serious side effects include...

- agranulocytosis
- fever
- unawareness of low blood glucose in diabetes
- worsening of heart block
- wheezing
- vomiting

## Other medicines that interact with Beta blockers include...

- aminophylline
- haloperidol
- phenothiazines
- cocaine
- cimetidine
- insulin
- betel palm