

Managing medications: Calcium Channel Blocker - CCB

You may take this medicine to...

- slow the heartbeat.
- treat Prinzmetal's angina.
- treat stable angina.
- treat high blood pressure.
- prevent migraine headaches

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

Cautions:

- 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 at least ½ the time to the next dose is left. Don't double up to catch up, that may cause problems.

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

Common side effects include...

- constipation
- diarrhea
- edema (leg fluid)
- flushing
- insomnia
- nervousness
- rash
- sleepiness
- tremor
- cramping
- dizziness
- dry mouth
- headache
- nausea
- palpitations
- ringing in ears
- tingling

Serious side effects include...

- anorexia
- shortness of breath
- ventricular arrhythmias
- flu syndrome
- tachycardia

Other medicines that interact with CCB's include...

- anti-arrhythmics
- carbamazepine
- cyclosporine
- fentanyl
- black catechu
- cardiac glycosides
- cimetidine
- digoxin
- yerba maté