

# Beta Adrenergic Blocking Agents

(acebutolol, atenolol, bisoprolol, labetalol, metoprolol, propranolol)

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## What it does:

- 1) Controls:
- a. Hypertension (high blood pressure)
  - b. Angina (chest pain)
  - c. Arrhythmias (irregular heart beat)
- 2) Prevents further heart attacks.

## How it works:

Affects the response to some nerve impulses in certain parts of the body. This causes reduced blood pressure and a slowed heart rate.

## How to take it:

Do not stop taking this medication without your doctor's advice.

Labetalol and propranolol should be taken with food.

Long acting (LA) preparations should be swallowed whole.

## What to do if you miss a dose:

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule.

## Possible side effects:

- Low blood pressure or slow heart rate (under 50 beats per minute)
- Dizziness, light-headedness, mental depression, nightmares/dreams
- Unusual tiredness or weakness
- Breathing difficulty and/or wheezing
- Cold hands and feet, swelling in the ankles, feet or lower legs

- Nausea, vomiting or abdominal discomfort
- Decreased sexual ability

## Precautions:

If you are a diabetic, this medication may cover up some of the signs of hypoglycemia (low blood sugar) such as increased heart rate, but does not mask other signs such as dizziness or sweating.



Use the space below to write down why you are taking this medication and other notes.

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