

# Calcium Channel Blockers

## (amlodipine, diltiazem, felodipine, nifedipine, verapamil)

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### What it does:

It controls:

- a. Hypertension (high blood pressure)
- b. Angina (chest pain)
- c. Atrial fibrillation (diltiazem and verapamil)

### How it works:

Decreases the amount of calcium moving into the cells of the heart and blood vessels causing the blood vessels to relax.

### How to take it:

Do not crush, chew, split or empty capsule or tablet if you are on a sustained release (SR) or controlled delivery (CD) preparation. Isoptin SR may be cut in half.

### 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:

Notify your doctor if any of the following occur:

- Swelling of ankles, feet or lower legs
- Irregular, rapid or slow heartbeat
- Bleeding, tender or swollen gums
- Skin rash, flushing, feeling of warmth
- Breathing difficulty, coughing or wheezing

Notify your doctor on the next visit if any of the following occur:

- Constipation (diltiazem or verapamil), diarrhea, nausea, headache
- Dizziness or light-headedness, fatigue or unusual tiredness

### Precautions:

Grapefruit juice may interact with these medications. Check with your pharmacist.



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

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