Calcium Channel Blockers (CCB)
Dihydropyridine
Information for patients

Read this medicine fact sheet to learn about:

- What this medicine is
- Why you need to take it
- What side effects to watch for

What is the name of my medicine?
Calcium channel blockers,
Dihydropyridine (pronounced Dye – hydro – peer – i – deen)

Other names for this medicine:

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nifedipine</td>
<td>Adalat XL®, generics</td>
</tr>
<tr>
<td>Amlodipine</td>
<td>Norvasc®, generics</td>
</tr>
<tr>
<td>Felodipine</td>
<td>Plendil®, generics</td>
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</tbody>
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Why do I need to take this medicine?

- To treat high blood pressure (hypertension). This medicine prevents calcium from moving into your heart and blood vessel cells. It helps relax your blood vessels, so more blood and oxygen can flow to your heart. This reduces how hard your heart has to work.
- To help prevent chest pain (angina). It won't stop chest pain once it starts.
What do I need to know when taking this medicine?

- You can take amlodipine and nifedipine with or without food.
- Take felodipine without food or only with meals that are low in fat and carbohydrates.
- If you are taking felodipine or nifedipine extended release tablets (Adalat XL®), swallow them whole without crushing or chewing them. The shells of the Adalat XL® tablets will come out in your stools.
- **Don't eat grapefruit or drink grapefruit juice while taking felodipine or nifedipine.** Grapefruit can increase the effects of the medicine in your body and increase your chance of side effects. If you are taking amlodipine, check for any side effects if you eat grapefruit.
- This medicine can make you feel dizzy. To avoid feeling dizzy, stand up slowly if you have been sitting or lying down. Drinking alcohol can make dizziness worse. Do not drive a car or use heavy machines if this medicine makes you feel dizzy.
- If you need medical or dental care, tell your doctor or dentist you are taking this medicine.
- Talk to your doctor if you are pregnant or plan to become pregnant.
- Don't change the dose or stop taking this medicine without talking to your doctor or pharmacist, even if you feel well. Suddenly stopping this medicine can cause serious heart problems.
- **Always check with your doctor or pharmacist before taking any other medicine.** This includes:
  - medicines prescribed by a doctor or bought in a pharmacy
  - vitamins or herbal remedies
What are the side effects of this medicine?

• feeling dizzy
• feeling tired or weak
• headache
• a warm, red face (flushing)
• nausea (feeling like you may throw up)
• heartburn
• constipation
• swelling in your gums

Some side effects may go away as your body gets used to the medicine.

Call your doctor right away if you:

• feel faint or have very bad dizziness
• have a faster than normal heartbeat
• have chest pain more often or the chest pain you have becomes worse
• notice a sudden increase in your weight
• have swelling in your face, eyes, lips, tongue, arms or legs
• develop a skin rash
• notice your skin or the whites of your eyes become yellow
• have difficulty breathing

What should I do if I miss a dose?

• Take a missed dose as soon as you remember.

• If it is close to the time for your next dose, skip the missed dose and take the next dose at your normal time.

• Do not take 2 doses at the same time.
Who do I talk to if I have a problem or question?

This fact sheet does not cover all of the side effects that may happen. If you are concerned about any side effects, please ask your doctor or pharmacist for more information or advice.

If you are not sure what to do when taking this medicine, talk to your doctor or pharmacist.

This fact sheet was created by the University Health Network Pharmacy Department. It is for your information only. It shouldn't replace talking with your pharmacist. Please talk to your pharmacist or other health care professional if you have any questions about this medicine.