

Dihydropyridine Calcium Channel Blockers

What should I watch for?

CCBs are usually well tolerated. However, some side effects to watch for include:

- Feeling lightheaded or dizzy – transition slowly when getting up from a sitting or lying position.
- Swelling in ankles or feet
- Nausea/vomiting
- Constipation – increase your fluid, fiber and fruit intake.

If any side effects become bothersome contact your pharmacist or doctor for advice.

Other helpful points:

Some drugs may interact with this medication. Check with your pharmacist or health care provider before starting new medications including non-prescription drugs as well as herbal, alternative and natural products.

Some medications should not be taken during pregnancy. Tell your doctor if you are or plan to become pregnant.

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Amlodipine (Norvasc[®])
Felodipine (Renedil[®], Plendil[®])
Nifedipine (Adalat XL[®])

Pharmacy Services



Calcium channel blockers (CCBs)

Amlodpine (Norvasc[®]), felodpine (Renedil[®], Plendil[®]), nifedipine (Adalat XL[®])

What are CCBs used for?

- To prevent angina symptoms (chest pain)
- To treat high blood pressure

Why should I take this medication?

Calcium channel blockers also lower blood pressure and may reduce the risk of complications related to high blood pressure (heart attack, stroke).

If you have angina, calcium channel blockers can help manage your symptoms when taken on a daily basis.

If you have worsening chest pain or chest pain while resting, you should seek medical attention immediately.

How do CCBs work?

CCBs block the effects of calcium in the blood vessels, allowing them to relax and open wider. This reduces the force required for your heart to pump blood around your body.

Controlling high blood pressure can reduce your risk of heart disease, stroke, and other complications.

What should I expect?

You may notice a drop in your blood pressure soon after starting calcium channel blocker—you may find it makes you dizzy or lightheaded for the first few days, but this should improve over time.

How do I take CCBs?

Take your CCB exactly as prescribed. Some are taken once a day and others several times a day. Your dose may change several times before finding the dose that works best for you. It is best to take the medication at the same time each day to avoid missing a dose.

If you do miss a dose, take it as soon as you remember. If you remember the next day or close to the time of your next dose just take your next scheduled dose. Do not double the dose to make up for the missed dose.

Do not stop taking this medication or adjust your dose without talking to your health care provider.