



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Calcium Channel Blockers

Pharmacy and Cardiology

‘Calcium-channel blockers’ is the name given to a group of medicines.

Your calcium-channel blocker is called:

.....

Why has my doctor given me a calcium-channel blocker and what are the benefits?

Calcium-channel blockers can be used for various reasons. You may have been given them for one or more of the following reasons, but they also have other uses.

- To treat angina.
- To reduce high blood pressure.
- To regulate your heart rhythm.

Check with your doctor if you are still not sure why you have been prescribed a calcium-channel blocker.

How do they work?

Each calcium-channel blocker has a slightly different effect on your heart and blood vessels. Some widen the blood vessels, including those that supply the heart, which helps prevent angina episodes and reduces your blood pressure. Some can slow down and control the rate at which your heart is beating.

How should I take my calcium-channel blocker?

Always follow the instructions on the label.

Do not stop taking this medicine unless your doctor tells you to.

What should I do if I miss a dose?

Take it as soon as you remember. If it is close to the next dose, do not take the one you missed. Take the dose at the usual time.

Do not double the next dose.

What are the risks of calcium-channel blockers?

There are risks and benefits of all medicines however your doctor will discuss why there are more benefits than risks for you with calcium channel blockers. There are side effects to all medicines.

What are the side effects of calcium-channel blockers?

All medicines have side effects. Not everyone will experience side effects.

Some people may experience:

- Headaches (these usually settle down after a few days).
- Dizziness (if you begin to feel faint let your doctor know straight away).
- Flushing of the face.
- Swollen ankles.
- Constipation (if you are taking verapamil).

Can I take other medicines while taking calcium-channel blockers?

Some other medicines may affect how calcium-channel blockers work. It is important that you check with your doctor or pharmacist before you take any other medicines, including ones that you buy.

You must not drink grapefruit juice with some calcium-channel blockers so please check with your doctor or pharmacist to find out whether yours is affected.

Are there alternative treatments available?

There are various different tablets available to treat angina, high blood pressure and heart rhythm abnormalities however, if your doctor has prescribed a calcium channel blocker for you, it may be the most appropriate tablet. Please discuss alternative treatments with your doctor.

What will happen if I decide not to have the treatment?

If you decide not to take the tablet you will not get any of the benefits. You must discuss this with your doctor as they need to know if you are not taking it and may prescribe an alternative for you.

This leaflet is not a substitute for any advice that your doctor, nurse or pharmacist may give you.

You can get more detailed information from the manufacturer's information leaflet.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others.

Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

NHS website www.nhs.uk

NHS 111 - 111 is the non-emergency number for urgent medical advice
Tel: 111

Author: Pharmacy and Cardiology
Review Date: October 2020

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字体、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط ائتلاف در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پتوهندیدار بهو نهخوشانهی له لایین ترامستهوه پمساند کراون، نهگمر داوا بکرنیت له قورماتمکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نملیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音頻、盲文、穆恩体 (Moon) 盲文和电子格式，敬請索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.