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BETA BLOCKERS W/THIAZIDE DIURETICS - ORAL

USES: This combination medication is used to treat hypertension (high blood pressure). Beta-blockers slow the heart rate. Thiazide diuretics, also known as "water pills", reduce fluid accumulation in the body by increasing urination.

HOW TO TAKE THIS MEDICATION: Take this medication exactly as prescribed. Do not adjust the dose without consulting your doctor.

Take with food or milk if stomach upset occurs.

Because this drug increases urination, avoid taking a dose in the late evening before bedtime.

Do not suddenly stop taking this medication without consulting your doctor. Some conditions may become worse when the drug is suddenly stopped.

SIDE EFFECTS: You may experience dizziness, lightheadedness, drowsiness or blurred vision as your body adjusts to the medication. Use caution engaging in activities requiring alertness.

Because beta-blockers reduce blood circulation to the extremities, your hands and feet may be more susceptible to cold.

Thiazide diuretics can cause potassium loss from the body. It is advisable to eat foods or drink liquids high in potassium such as citrus juice, bananas, melons, raisins and dates. Use of salt substitutes also help prevent potassium loss. Sometimes potassium supplement medication may be prescribed by your doctor.

Inform your doctor if you develop breathing difficulty, easy bruising or bleeding, swollen hands or feet, confusion or depression, excessive thirst, muscle cramps, yellowing of the eyes or skin or a sore throat while taking this medication.

This medication may increase sensitivity to the sun. Avoid prolonged sun exposure. Wear protective clothing and use a sunscreen.

PRECAUTIONS: You may want to check your pulse everyday while taking this drug. Discuss with your doctor what changes in your pulse rate mean.

Use during pregnancy only if clearly needed. Small amounts of this medication appear in breast milk. Discuss breast-feeding with your doctor.

Tell your doctor if you are allergic to sulfa drugs. You may also be allergic to this medication.

MISSED DOSE: If you miss a dose, take as soon as remembered; do not take if it is almost time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature away from sunlight and moisture.

Your condition can cause complications in a medical emergency. For information on enrollment call Medic Alert(TM) at 1-800-854-1166. In Canada call 1-800-668-1507.