

**ALDERFER & TRAVIS CARDIOLOGY, PC**

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BETA BLOCKERS - ORAL

USES: Beta-blocking medications slow the heart rate and reduce hypertension (high blood pressure). They are used in the treatment of angina (chest pain), hypertension, and arrhythmias (irregular heartbeats).

HOW TO TAKE THIS MEDICATION: Take this medication exactly as prescribed. Try to take it at the same time(s) each day.

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, and 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 the cold. Dress warm.

Inform your doctor if you develop easy bruising or bleeding, swollen hands or feet, confusion, depression or a sore throat.

In the unlikely event you have an allergic reaction to this drug, seek medical attention immediately. Symptoms of an allergic reaction include rash, itching, swelling, dizziness or trouble breathing.

PRECAUTIONS: Before taking this drug, tell your doctor if you have a history of heart, kidney, or liver disease, asthma, bronchitis, emphysema, or other lung disease, diabetes, an overactive thyroid gland or any drug allergies.

Before having surgery, tell the doctor or dentist in charge that you are taking a beta-blocker.

This drug should be used only if clearly needed during pregnancy. Discuss the risks and benefits with your doctor.

This drug is excreted into breast milk and though no problems have been noted, the possibility for adverse effects to the infant exists. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: Tell your doctor what medications you take, especially diuretics, cold preparations and nasal decongestants, reserpine, and other heart or high blood pressure medications.

NOTES: Your doctor may want you to take your pulse each day

while you take this medication. Learn how to monitor your pulse.

**MISSED DOSE:** If you miss a dose, take as soon as remembered but not if it is within 4 hours of next dose (8 hours for penbutolol, atenolol, nadolol). If it is, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

**STORAGE:** Store at room temperature between 59 and 86 degrees F (between 15 and 30 degrees C) away from moisture and sunlight. Do not store in the bathroom.

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.