

ALDERFER & TRAVIS CARDIOLOGY, PC
670 Lawn Ave., Suite 3A Sellersville, PA 18960
Tel (215)257-9500 FAX (215) 257-9500

DILTIAZEM CAPSULE SUSTAINED ACTION - ORAL

OTHER NAMES: Cardizem

USES: This medicine is a calcium channel blocker. Calcium is involved in muscle contraction. By blocking calcium, this medication relaxes the heart muscle and dilates the blood vessels to reduce blood pressure (hypertension) and relieve angina (chest pain).

HOW TO TAKE THIS MEDICATION: The capsule(s) may be taken without regard to meals once daily in the morning. Swallow whole. Do not open, crush or chew the capsule. Do not stop taking this drug without your doctor's permission. Your dose may need to be gradually decreased.

SIDE EFFECTS: This drug may cause dizziness and lightheadedness especially during the first few days. Avoid activities requiring alertness. When you sit or lie down for a while, get up slowly to allow your body to adjust and minimize dizziness. You may also experience bloating, heartburn, muscle cramps, headache, flushing, nasal congestion, sore throat, constipation or diarrhea. Inform your doctor if they become bothersome.

Notify your doctor if you develop breathing difficulties, swelling of the hands or feet or an irregular heartbeat.

PRECAUTIONS: Before taking this drug, tell your doctor if you have heart, liver or lung disease or if you have any allergies.

Limit intake of alcohol while taking this drug.

This medication should be used only when clearly needed during pregnancy. Discuss the risks and benefits with your doctor. This drug is excreted into breast milk. If there is no alternative to using this drug you should discontinue breast-feeding. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: Tell your doctor what medications you take, especially anticoagulants ('blood thinners'), beta blockers (including eye drops), digoxin, disopyramide, high blood pressure medication, quinidine, carbamazepine, rifampin, cimetidine, lithium, flecainide, and cyclosporine.

Avoid any drugs that increase your heart-rate (the decongestants phenylephrine, pseudoephedrine and phenylpropanolamine are examples). These drugs are commonly found in over-the-counter cough and cold products.

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.