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NIFEDIPINE SUSTAINED RELEASE - ORAL

OTHER NAMES: Procardia XL

USES: This drug 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 of the heart to prevent spasm.

Nifedipine is used to treat angina (chest pain) and hypertension (high blood pressure).

HOW TO TAKE THIS MEDICATION: Tablets should be swallowed whole. Do not chew, divide or crush.

This medication must be taken as directed to prevent chest pain. It is not effective if taken only when chest pain occurs.

Do not stop taking this medication suddenly without talking with your doctor. 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 minimize dizziness and allow your body to adjust.

You may also experience bloating, heartburn, nausea, blurred vision, muscle cramps, headache, flushing, sweating, sleep disturbances and ankle/foot swelling. If these effects persist or worsen, notify your doctor promptly.

Notify MD promptly for any chest pain or irregular pulse.

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 (especially facial), dizziness or trouble breathing.

PRECAUTIONS: Before having surgery, including dental surgery, tell the doctor that you take this drug. Tell your doctor of any diseases you have especially liver disease or if you've had congestive heart failure or if you have any allergies.

Do not allow anyone else to take this medication.

Limit using alcohol while taking this medication.

Before taking this drug, tell your doctor if you are pregnant or breast-feeding.

DRUG INTERACTIONS: Tell your doctor of any over-the-counter or prescription drugs you are taking, especially beta blockers, digoxin, quinidine, cimetidine, warfarin, calcium supplements,

barbiturates, phenytoin, magnesium sulfate injection, fentanyl or high blood pressure drugs.

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.

It is best to take this drug at least 2 hours before ingesting any grapefruit products. Alternatively, choose a different fruit product.

NOTES: Do not be concerned if an empty tablet shell appears in the stool. This is to be expected.

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 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.