

Medicines for high blood pressure

Calcium channel blockers (medicines ending in 'dipine')

My calcium channel blocker is called: _____

Calcium channel blockers:

- ▶ relax the pipes taking blood around your body
- ▶ make it easier for your heart to pump
- ▶ lower blood pressure, to help keep you healthy from heart attacks, stroke and kidney trouble
- ▶ make your heart beat more slowly and steadily.

Can be used for:

- ▶ chest pain (angina)
- ▶ heart beating too quickly, or out of rhythm.

Tell your doctor if you:



might be pregnant



are pregnant



are breastfeeding

as some calcium channel blockers may not suit you.

Some medicines do not go well with a calcium channel blocker

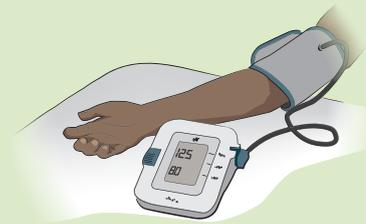
Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all the medicines** you are taking.

This includes medicines

- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



Staying healthy



Have regular check ups



Quit smoking, cut back on alcohol and other drugs



Be active

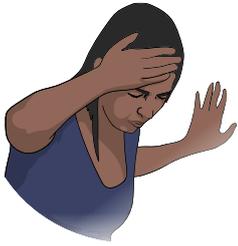


Eat healthy tucker

Side effects of calcium channel blockers

Calcium channel blockers can cause unwanted effects (side effects). Side effects do not happen to everyone and they often go away after a short time.

Mild and common side effects



Dizziness



Swollen ankles



Flushing

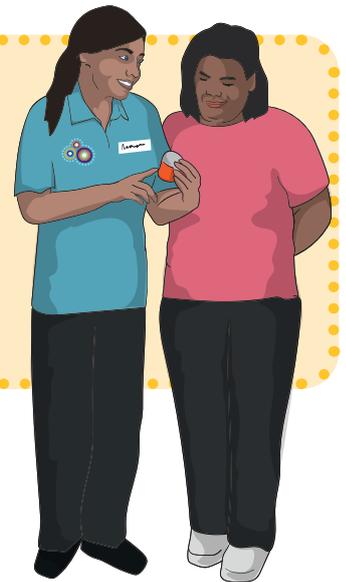


Headache



Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about any **side effects** you are having.

Avoid grapefruit and grapefruit juice. It can boost the effect of these medicines and make your blood pressure too low.



- ✓ Take the medicine as the doctor has told you
- ✓ Set reminders for when to take the medicine
- ✓ Keep taking the medicine until the doctor says to stop
- ✗ Please don't share the medicine, it could be harmful to others

Extra information for me

My next appointment:

nps.org.au

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