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:

Staying healthy

Have regular check ups

Quit smoking, cut back on alcohol and other drugs

Be active

Eat healthy tucker

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.

might be pregnant
are pregnant
are breastfeeding

as some calcium channel blockers may not suit you.
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:

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