

# 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



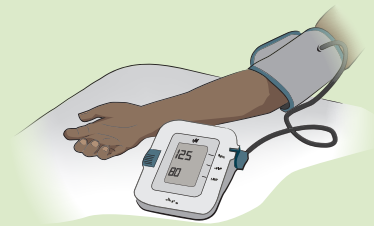
are pregnant



are breastfeeding

as some calcium channel blockers may not suit you.

### 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

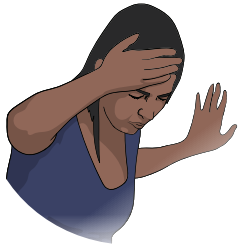
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



## 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



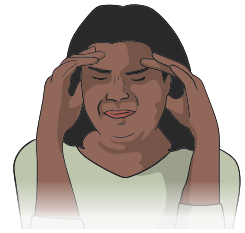
Dizziness



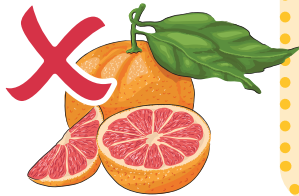
Swollen ankles



Flushing

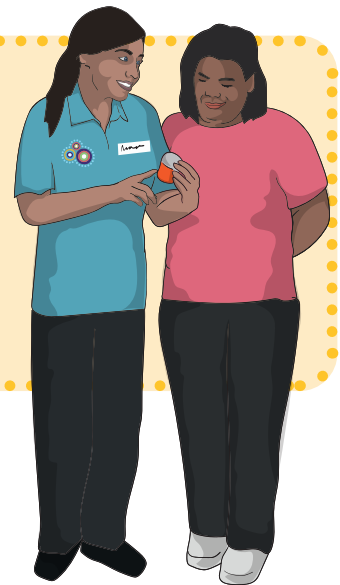


Headache



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

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## My next appointment:

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