

Atenolol (Tenormin), Propranolol(Inderal), Nadolol(Nebilet), Metoprolol(Lopressor)

Why are these medications used?

Beta blockers are used for treating: Abnormal heart rhythm, high blood pressure, heart failure, angina(chest pain), tremor, pheochromocytoma, and prevention of migraines.

How should these medications be used?

- Take this medication exactly as prescribed.
- Try to take it at the same time(s) each day.
- Do not suddenly stop taking this medication without consulting your doctor. Some conditions may become worse when the drug is suddenly stopped

What Special precautions should I follow?

- Before taking this drug, tell your doctor if you have a history of : heart disease, kidney disease, liver disease, asthma, bronchitis, overactive thyroid gland, any drug allergies.
- Before having surgery, tell the doctor or dentist in charge that you are taking a beta-blocker. This drug should be used only if clearly needed during pregnancy. Discuss the risks and benefits with your doctor.
- This drug is excreted into breast milk and though no problems have been noted, the possibility for adverse effects to the infant exists. Consult your doctor before breast feeding.

How should I store these medications?

- You should store the tablets at room temperature(25c), away from heat, moisture and direct light
- Keep the medication away from children and never share your medication with anyone
- Do not use the medication after the expiry date. This is indicated on the packing/ blisters after the word EXP.
- Proper disposal of unused medicines (expired medicines): if no instructions are given, throw the drugs in the household trash but remember: For pills, capsules and tablets: remove them out of their original containers and mix them with an undesirable substance. Such as used coffee grounds.

What should I do if a dose is missed?

If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up

What side effect can these medications cause?

- You may experience dizziness, lightheadedness, drowsiness, and blurred vision as your body adjusts to the medication
- Use caution engaging in activities requiring alertness. Because beta-blockers may reduce blood circulation to the extremities, your hands and feet may be cold. Dress warm.
- Inform your doctor if you develop: easy bruising or bleeding, swollen hands or feet, confusion, depression, a sore throat.
- Tell your doctor immediately if any of these unlikely but serious side effects occur: slow/irregular heartbeat. 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, dizziness, trouble breathing