

Patient information

Calcium channel blockers (calcium antagonists)

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow their instructions.

Your GP may give you the same tablets known by a different name (the brand name). You should always check with your GP or pharmacist if you are unsure.

Examples	Examples of trade names
Diltiazem	Adizem, Tildiem, Angitil, Dilzem, Slozem
Amlodipine	Istin
Felodipine	Plendil
Lercanidipine	Zanidip
Verapamil	Securon, Univer

How do calcium channel blockers work and what are they used for?

Calcium channel blockers can be used to treat angina symptoms and high blood pressure. Calcium channel blockers reduce the tone of the blood vessel walls helping to reduce angina symptoms. Some calcium channel blockers also reduce heart rate and can be used to treat some types of some abnormally fast heart rates.

Most common side effects

- dizziness
- headache
- flushing sensation
- swollen legs or ankles
- tiredness
- low blood pressure
- palpitations or low heart rate depending on the type of calcium channel blocker
- sleep disturbances

What if I miss a dose?

If you are taking your tablets only once a day, you can take it later in the day. If you forget completely take your usual dose the next day. DO NOT take a double dose. If you are taking your tablets two or three times a day, do not take the dose you missed and carry on with your usual dose.

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<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>