

# Patient information

## Betablockers

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

- Atenolol
- Metoprolol
- Sotalol
- Bisoprolol
- Carvedilol

### What are betablockers for?

Betablockers have many uses. They help reduce high blood pressure, stop chest pain (angina), help correct irregular heart rhythms and reduce the risk of heart attacks.

### How do they work?

The overall effect of betablockers is to reduce the force of the heartbeat allowing the heart muscle to relax and to slow the heart rate.

### Most common side effects

- lethargy and tiredness
- dizziness
- low heart rate

- numbness tingling, or a cold feeling in hands and feet
- vivid dreams
- impotence in men (in rare cases)

If you have any concerns with your medication, please consult your doctor. The side effects will vary depending on the individual, the type and dosage of beta blocker.

## **What if I miss a dose?**

If you forget to take your betablocker tablet, take it as soon as you remember unless it is nearly time for the next dose. **DO NOT** take a double dose to make up for a forgotten dose. Take your usual dose the next day. Try to take your betablockers the same time every day.

## **General points**

- You should not stop betablockers suddenly, unless directed by a doctor.
- Cessation may cause an increase in heart rate and force of contraction, thus increasing the risk of developing angina pain.
- If you are diabetic, betablockers may affect blood sugar control and possibly hide the symptoms of low blood sugar.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

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