



# Beta Blockers

## Most common Beta Blockers

Ask your health care provider to check off the one you are taking.

- Atenolol (Tenormin ®)
- Bisoprolol (Monacor ®)
- Carvedilol (Coreg ®)
- Metoprolol (Lopressor ®)
- Other \_\_\_\_\_

## What are Beta Blockers?

- ♥ Beta Blockers are a group of medications that:
  - Relax the heart muscle
  - Slow down your heart rate.
  - Help to make you feel better by reducing the symptoms of a fast or irregular heartbeat.

## How should I take my Beta Blocker?

- ♥ Take as prescribed by your health care provider. It is best to take beta blockers at the same time each day to avoid missing a dose.
- ♥ Some beta blockers are taken once a day and others twice a day. Your healthcare provider will prescribe a dose right for you.
- ♥ Do not stop taking your beta-blocker without instruction from your health care provider.

## What if I miss taking a dose?

- ♥ If it is almost time for your next dose, skip the dose you missed and take your next scheduled dose.
- ♥ Never take two doses at the same time.
- ♥ If you have questions about taking your medications, or missed doses, contact your pharmacist or your health care provider. In British Columbia, you can also call 8-1-1.

## Do not take any of the following without checking with your pharmacist/health care provider:

- Cough or cold medicines
- Vitamins, herbal products or supplements
- Traditional Chinese medicines
- Anti-inflammatory medicine
- Other "over-the-counter" medicines you can buy



### Did you know?

Your dose may be changed several times before finding the one that works for you.





### Common Side Effects

It is important to talk with your health care provider about side effects and how best to deal with them. Most will improve with time. Contact your health care provider if any of these side effects do not go away or get worse.

Dizziness/light-headedness	Sleep disturbance, vivid dreams
Feeling tired all the time	Cold hands or feet
Diarrhea	Blood sugar changes if you have diabetes
Mild shortness of breath	Changes in sexual ability or desire

### Medication Tips

- ♥ To lower the chance of feeling dizzy, rise slowly from sitting or lying down. 
- ♥ If you have any other medical conditions, are pregnant or breastfeeding, it is important to tell your health care provider before starting medications.
- ♥ Beta blockers can sometimes interact with medications taken for other health conditions. 
- ♥ Your health care provider may need to adjust doses to ensure all your medications are safe and effective.
- ♥ Please check with your pharmacist before starting any new medication.

- ♥ Contact your health care provider if you have any of the following side effects:
  - Significant dizziness/ light-headedness
  - Skin rash
  - Severe shortness of breath
  - Feeling unwell with very slow heart rate
- ♥ Alcohol can impact both your medications and your health condition. Speak to your care provider about alcohol use.

Health Provider contact information

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To learn more about beta blockers, go to the HealthLinkBC web ([www.healthlinkbc.ca](http://www.healthlinkbc.ca)) or call 8-1-1.

