



Calcium Channel Blockers

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

- Diltiazem (Tiazac ®, Cardizem ®)
- Verapamil (Chronovera ®, Isoptin ®)

What are Calcium Channel Blockers?

- ♥ Calcium channel blockers are a group of medications that slow down the heart rate and prevent the heart from beating too fast.

How do Calcium Channel Blockers help patients with irregular heartbeats?

- ♥ It helps to make you feel better by reducing the symptoms of a fast or irregular heartbeat.

How should I take my Calcium Channel Blocker?

- ♥ Take this medication regularly, as prescribed by your health care provider.
- ♥ Some are taken once a day and others several times a day.
- ♥ It is best to take the medication at the same time each day to avoid missing a dose.

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.
- ♥ Do not stop taking your calcium channel blocker without instruction from your health care provider.
- ♥ 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 or health care provider:

- Vitamins or supplements
- Herbal or naturopathic remedies
- Traditional Chinese medicines
- Grapefruit/grapefruit juice
- Other “over-the-counter” medicines you can buy



Did You Know?

Your dose may be changed several times before finding the dose 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	Headache
Constipation	Mild swelling of feet/ankles

Medication Tips

- ♥ To lower the chance of feeling dizzy, rise slowly from sitting or lying down. 
- ♥ If you experience constipation, increase your fluid, fiber, and fruit intake. Regular exercise will also help prevent constipation.
- ♥ If you have mild swelling of your feet/ankles, elevating your legs and the use of compression stockings may help.
- ♥ If you have any other medical conditions, are pregnant or breastfeeding, it is important to tell your health care provider before starting medications.
- ♥ Calcium channel 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 any of the following side effects occur.
 - Significant dizziness or light-headedness
 - Skin rash
 - Shortness of breath
 - Feeling unwell with a very slow heart rate
 - Leg swelling of legs or sudden weight gain
 - Tender, inflamed gums
- ♥ Alcohol can impact both your medications and your health condition. Speak to your care provider about alcohol use.

Health Provider contact information

To learn more about Calcium Channel blockers, go to the HealthLinkBC web site (www.healthlinkbc.ca) or call 8-1-1.

