



## Sotalol (Sotacor ®)

### What is sotalol?

- ♥ Sotalol is a member of a group of medications called “anti-arrhythmics” that help the heart beat regularly.

### What is sotalol used for?

- ♥ Your heart has an electrical system made up of cells that are sometimes disorganized causing irregular heartbeats.
- ♥ Sotalol works to keep you safe by controlling these heartbeats and stabilizing the system.
- ♥ It is used to treat abnormal/ irregular heart rhythms like:
  - Atrial Fibrillation
  - Atrial Flutter
  - Ventricular Tachycardia.

### How does sotalol help with abnormal heartbeats?

- ♥ It changes or “converts” your irregular heartbeat to a regular one, also called sinus (normal) rhythm.
- ♥ Sotalol reduces:
  - The number of times you have an irregular heartbeat.
  - The length of time an irregular heartbeat lasts.
  - Heart rate.
- ♥ It helps to make you feel better by reducing the symptoms of an irregular heartbeat.

### How should I take my sotalol?

- ♥ Take sotalol exactly as directed by your healthcare provider.
- ♥ Do not stop taking sotalol without checking with your healthcare provider, even if you feel well.
- ♥ It can be taken with or without food. Choose one that works for you and take it the same way each time.

### 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 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 first:

- Cough and cold products
- Ephedra
- Vitamins, herbal medications or supplements.
- Traditional Chinese medicines
- Anti-inflammatory medicines
- Other “over-the-counter” medicines you can buy.






#### Did You Know?

It can take several weeks before you notice your heart rhythm improving and you start feeling better.



<b>Common Side Effects</b>	
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	Headache, "brain fog"
Light-headedness	Changes in blood sugar if you have diabetes
Nausea, Diarrhea	Changes in sexual ability or desire
Exercise intolerance	Slower heart rate
Cold hands or feet	Feeling tired all the time

<b>Medication Tips</b>	
<ul style="list-style-type: none"> <li>♥ Sotalol can sometimes cause dizziness or drowsiness; be careful when driving or using hazardous machinery until you know how this medication affects you. </li> <li>♥ To lower the chance of feeling dizzy, rise slowly from sitting or lying down.</li> <li>♥ It is important to drink adequate fluids and stay well hydrated.</li> <li>♥ If you are sick and unable to drink enough fluid to keep you hydrated (i.e. diarrhea or vomiting), contact your health care provider as your Sotalol may need to be stopped until you recover.</li> <li>♥ Sotalol can sometimes interact with medications taken for other health conditions. </li> <li>♥ Your health care provider may need to adjust doses to ensure all your medications are safe and effective.</li> <li>♥ Check with your healthcare provider/pharmacist before starting any new medication.</li> </ul>	<ul style="list-style-type: none"> <li>♥ Contact your health care provider if you have any of the following side effects:               <ul style="list-style-type: none"> <li>○ Shortness of breath or wheezing</li> <li>○ New or worsening feelings like your heart racing in your chest</li> <li>○ Fainting</li> <li>○ Changes in mood</li> </ul> </li> <li>♥ Alcohol can impact both your medications and your health condition. Speak to your care provider about alcohol use.</li> </ul> <p style="text-align: center;">Health Provider contact information</p> <p>_____</p> <p>_____</p> <p>_____</p> <div style="border: 1px solid #f08080; padding: 10px; margin-top: 20px; text-align: center;"> <p>To learn more about sotalol, go to the HealthLinkBC web site (<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>) or call 8-1-1.</p>  </div>