



# 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.
  - $\circ$  Heart rate.
- It helps to make you feel better by reducing the symptoms of an irregular heartbeat.

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# 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:

- $\circ$  Cough and cold products
- o Ephedra

Frovidence

 Vitamins, herbal medications or supplements.



- Traditional Chinese medicines
- Anti-inflammatory medicines
- Other "over-the-counter" medicines you can buy.



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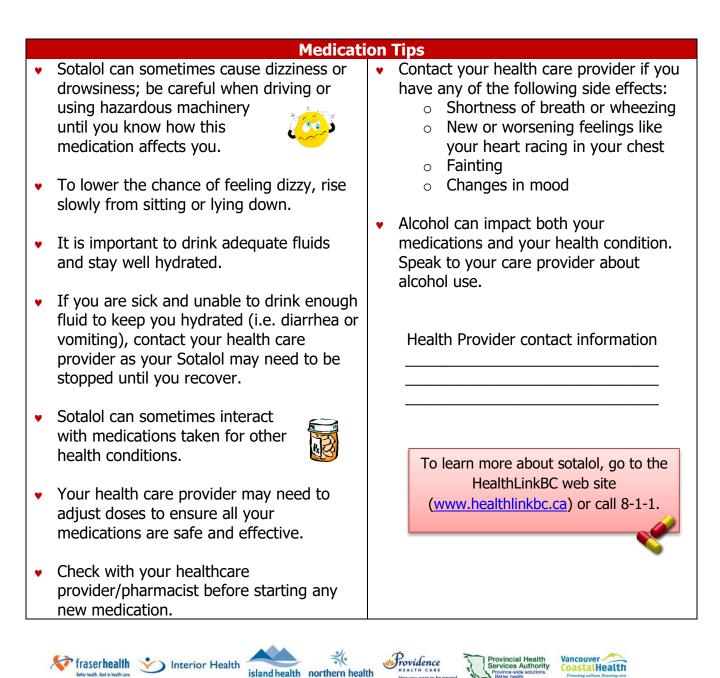
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#### **Common Side Effects**

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	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



Developed in partnership with HeartLife (Heartlife.ca)