

VERAPAMIL

ver-ap-ah-mil

What does it do?

Verapamil is used to treat some types of irregular heartbeat, high blood pressure, angina, and sometimes other conditions. It relaxes blood vessels and reduces the workload of the heart.

How should you take it?

Take *verapamil* regularly as directed with food and a glass of water. Swallow the slow release tablets whole.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *verapamil* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Swollen feet or legs, short of breath Change in heartbeat Enlarged, tender or bleeding gums	Tell your doctor
Flushing Headache, dizziness, tiredness or weakness Muscle pain or cramps Constipation, stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have liver or other heart problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Grapefruit, grapefruit juice or sour/Seville oranges may react with *verapamil*. Discuss with your pharmacist.
- Do not stop taking *verapamil* without talking to your doctor first.