

## Beta Blockers

### How do they work?

Beta-blockers slow the heart rate and reduce the force by which the heart contracts. This helps lower the blood pressure and reduce stress on the heart.

### What are they used for?

They are used for a number of reasons such as:

- High blood pressure
- Chest pain
- Irregular heart beats
- Heart failure (increase survival, reduce hospital admissions and improve quality of life)
- After a heart attack to reduce complications and the risk of future heart attacks.



### Are there any Side Effects?

Some effects that people have had while taking these medicines include:

- Dizziness
- Drowsiness and tiredness
- Difficulty sleeping or abnormal dreams
- Stomach upset (nausea, diarrhea)

Tell your doctor/nurse practitioner (NP) if any of these symptoms are severe or do not go away.

You may notice dizziness and tiredness occurring again if your dose increases.



### How Do I Take Them?

They are usually taken once or twice daily. They may be taken with or without food. It is best to take it at the same time each day.

Because they are used to treat chronic conditions, you may be taking this medicine lifelong.

**Do NOT stop taking this medicine without checking with your doctor/NP first.**

Be sure to fill your prescription as soon as possible after discharge from the hospital.

### What are some commonly used Beta-blockers?

Generic Name	Brand Name
Atenolol	Tenormin
Metoprolol	Lopressor
Bisoprolol	Monacor
Acebutolol	Sectral
Carvedilol	Coreg
Propranolol	Inderal
Nadolol	Corgard

Please note that this information sheet does not contain complete information about Beta Blockers. If you need more information about this medicine, be sure to ask your doctor/NP or pharmacist.