

Beta blockers

This handout explains how beta blockers work, how to take your beta blocker, and possible side effects.

Do you need beta blockers for your heart

- If you have heart problems, your doctor may want you to take a beta blocker

How it works

- When you exercise, you may not get chest pains as quickly
- It can make you less likely to have a heart attack

How to take it

- Ask your doctor how often to take it, and what dose to take (some are taken once a day and others are taken up to 4 times a day)
- **Once you start taking it, do not stop suddenly**
 - If you stop suddenly, your chest pain can get worse
 - Ask your doctor before you stop
 - If you need to stop
 - Your doctor will tell you how to stop
 - Usually take a smaller and smaller dose over 10 to 14 days

Side effects

- Dizzy or lightheaded when you stand up
- Feel very tired
- Breathing problems like asthma can get worse
- If you have diabetes, it may be hard to tell signs of low blood sugar
- Call your doctor if you have any of these bad side effects
 - Short of breath
 - Faint or dizzy
 - Hands or feet swell
 - Chest pain

Circle the drug you take

- Metoprolol (Lopressor)
- Metoprolol extended release (Toprol XL)
- Atenolol (Tenormin)
- Propranolol (Inderal or Inderide)
- Propranolol, long-acting (Inderal)
- Timolol (Blocadren, Timolide)
- Bisoprolol (Zebeta)
- Nadolol (Corgard)
- Acebutolol (Sectral)
- Labetalol (Trandate)
- Pindolol (Visken)
- Carvedilol (Coreg)
- Penbutolol (Levatol)
- Betaxolol (Kerlone)

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
