

# Medication Information Card

## Amiodarone

(An – ee – oh – da – rone)

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### Other names for this medication

Cordarone<sup>®</sup>

There are many other names for this medication.

### How this medication is used

This medication helps your heart beat regularly. It may take a few weeks before you get the full effect of this medication.

Your doctor will check your heart often when you begin taking this medication.

You will need to have blood tests while taking this medication.

### How to take this medication

Take this medication exactly as directed by your doctor.

Grapefruit can affect the way this medication works. If you eat grapefruit or drink grapefruit juice, limit the amount you have. You may eat 1 grapefruit or drink 125 ml (4 ounces) 1 to 2 times a week.

To avoid stomach upset, take this medication with a meal or a snack.

Do not suddenly stop taking this medication without checking with your doctor first.

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## **How to take this medication (continued)**

If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

## **While taking this medication you may notice**

- nausea, vomiting
- constipation
- lack of appetite
- dry eyes
- your skin is more sensitive to sun

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

If you get dry eyes, use artificial tears to soothe your eyes.

If your skin seems to burn more easily while taking this medication, wear a wide-brimmed hat and cover your skin well to avoid sunburn. Choose sunscreens that contain zinc or titanium oxide or dioxybenzone or oxybenzone.

Your skin may become golden or slightly blue-gray if you are on large amounts of this medication for many years.

## **Contact your doctor if you notice**

- breathing problems
- coughing that persists
- changes in eyesight
- severe sunburn
- tremours or tingling