

Medication Information Card

Verapamil (Ver – ap – a – mill)

Other names for this medication

Isoptin CR[®] - SR
Isoptin[®]

This medication has many other names.

How this medication is used

This medication is used to prevent chest pain. This medication works by relaxing the blood vessels. This allows more blood to go to your heart. The more blood that goes to the heart, the more oxygen the heart gets. This helps your heart work better.

This medication is also used to treat high blood pressure and migraines.

It is also used to keep your heart beat regular.

How to take this medication

Take this medication exactly as directed by your doctor. It must be taken regularly, even if you feel well. Do not suddenly stop taking this medication with checking with your doctor first.

Take this medication with a meal or snack if it upsets your stomach.

Grapefruit can affect the way this medication works. If you eat grapefruit or drink grapefruit juice, do not change the amount you have each day.

How to take this medication (continued)

For the **SR tablet**, swallow the tablet whole. Do not crush or chew the tablet. You may break the SR tablet in half if your doctor tells you to do so.

For the **Chronovera[®]** tablet, swallow the tablet whole. Do not crush, chew or break the tablet.

If you miss a dose of this medication, take it as soon as possible. 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

- constipation
- nausea
- headache
- dizziness

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

To avoid 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.

Contact your doctor if you notice

- breathing problems
- your heart beat is faster or slower than usual
- sudden weight gain
- swelling of your ankles, feet or lower legs
- you feel less interested or able to have sex