

Medication Information Card

Nifedipine (Nye – fed – i – peen)

Other names for this medication

Tablets:Adalat[®] PAAdalat[®] XL**Capsules:**Adalat[®]

There are many other names for this medication.

How this medication is used

This medication is used to prevent chest pain. It works by relaxing the blood vessels. This helps your heart work better.

This medication is also used for the same reason after heart surgery.

This medication is also used to treat high blood pressure.

How to take this medication

Take this medication exactly as directed by your doctor. It must be taken regularly, even if you feel well.

Take this medication with food.

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

Tablet: For the PA or XL tablet, swallow the tablet whole. Do not crush or chew the tablet.

How to take this medication (continued)

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 times. Do not take 2 doses at one time.

Do not eat grapefruit or drink grapefruit juice while taking this medication.

While taking this medication you may notice

- dizziness or lightheadedness
- headache
- feeling very tired
- nausea
- heartburn
- flushed skin with a warm feeling
- swelling of your ankles, feet or lower legs
- the empty shell of the XL tablet in your stool

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.

Contact your doctor if you notice

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