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NUR 292- Clinical
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HEALTH PROMOTION PRESENTATION

Generic Name: Amlodipine

Brand Name: Novasc

Type of Drug: Calcium channel blocker

Prescribed For: Angina pectoris, Prinzmetal's angina, and high blood pressure; has also been studied for heart failure and Raynaud's phenomenon.

General Information: Amlodipine is one of many calcium channel blockers available in the United States. These drugs block the passage of calcium, an essential factor in muscle contraction, into the heart and smooth muscles. Such blockage interferes with the contraction of these muscles, which in turn dilates (widens) the veins and vessels that supply blood to them. This dilating effect reduces blood pressure, the amount of oxygen used by the heart muscles, and the risk of blood-vessel spasm. Amlodipine is therefore useful in treating not only high blood pressure but also angina pectoris (brief attack of chest pain), a condition related to poor oxygen supply to the heart muscles.

Amlodipine affects the movement of calcium only into muscle cells; it has no effect on calcium in the blood.

Cautions and Warnings: Do not take amlodipine if you are allergic or sensitive to any of its ingredients.

Amlodipine may, in rare instances, cause low blood pressure in some people taking it for reasons other than hypertension. This is more of a problem with other calcium channel blockers.

Amlodipine may worsen heart failure in some people and should be used with caution if heart failure is present. This drug does not protect against the side effects of suddenly stopping beta-blocking drugs.

Calcium channel blockers, alone and with aspirin, have caused bruises, black-and-blue marks, and bleeding due to an anticoagulant effect. This is mostly a problem with Nifedipine but should be considered by all members of the group.

Amlodipine may cause angina when treatment is first started, when the dosage is increased, or if the drug is rapidly withdrawn. This can be avoided by gradually reducing the dosage.

People with severe liver disease may require reduced dosage. People taking the combination product Caduet may be more likely to develop liver problems because of the addition of atorvastatin, a drug that has been associated with liver disease.

Possible Side Effects:

- **Most common:** headache, dizziness, or lightheadedness (especially with Caduet), anxiety, nausea, swelling in the arms or legs, heart palpitations, and flushing.
- **Less common:** sleepiness, muscle weakness, cramps, or abdominal discomfort, itching, rash, sexual difficulties, wheezing or shortness of breath, muscle cramps, pain, and inflammation.
- **Rare:** Rare side effects can occur in almost any part of the body. Contact your doctor if you experience any side effects not listed above.

Usual Dose:

Adults: 5 -10 mg (1 tablet) once a day. Do not stop taking amlodipine abruptly. The dosage should be gradually reduced over a period.

Child (age 6 -17 years): 2.5 – 5 mg (1 tablet) once a day for high blood pressure. Doses larger than 5 mg have not been studied in children.

Overdosage: Overdose of amlodipine can cause nausea, weakness, dizziness, confusion, and slurred speech. Take overdose victims to a hospital emergency room or call your local poison control center for directions. You may be asked to make the patient vomit to remove the medication from the stomach. If you go to the emergency room, “ALWAYS” bring the prescription bottle or container.