

Patient Information Leaflet

[1] Amlodipine Amlodek®

About Amlodipine

This belongs to the group of medicines known as *calcium channel blockers*.

Amlodipine is used to treat *hypertension* (high blood pressure) and *angina* (chest pain). Angina occurs when the heart muscles do not receive enough oxygen.

Amlodipine works by relaxing and opening up the blood vessels. This allows blood to circulate more freely around the body, lowering blood pressure and allowing the heart to work more efficiently.

Amlodipine is available in tablet form.

It is also sometimes known as: *Amlodek*. You may notice the use of this name on the packaging of your medicine.

Before Taking Amlodipine

Before taking Amlodipine make sure your doctor or pharmacist knows:

- ⓐ if you are pregnant, trying for a baby or breast-feeding
- ⓐ if you suffer from liver problems
- ⓐ if you have other heart problems as well as angina
- ⓐ if you suffer from frequent pains in the chest
- ⓐ if you have ever had an allergic reaction to this or **any** other medicine
- ⓐ if you are taking **any** other medicines, including those available to buy without a prescription, herbal and complementary medicines

How to Take Amlodipine

- ⓐ Always read the manufacturer's information leaflet, if possible, before beginning treatment.
- ⓐ Take Amlodipine exactly as directed by your doctor.
- ⓐ Swallow Amlodipine whole with a glass of water.
- ⓐ Try to take Amlodipine at the same times each day to avoid missing any doses.
- ⓐ If you miss a dose of Amlodipine take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and continue taking it at the usual times. Never take two doses at the same time to make up.
- ⓐ **Do not** stop taking Amlodipine without speaking to your doctor first.
- ⓐ Amlodipine is for you. Never give it to others, even if their condition appears to be the same as yours.
- ⓐ Never take more than the prescribed dose. If you suspect that you or someone else has taken an overdose of this preparation contact your doctor or go to the accident and emergency department of your local hospital **at once**. Always take the container with you, if possible, even if it is empty.

Getting the most from your treatment

- ⑩ Before taking any 'over-the-counter' medicines, check with your pharmacist which medicines are safe for you to take alongside Amlodipine.
- ⑩ Keep your regular appointments with your doctor so your progress can be checked.
- ⑩ Amlodipine may cause drowsiness, dizziness and problems with eyesight. Make sure you know how you react to Amlodipine before driving, operating machinery or doing any other jobs which could be dangerous if you were not fully alert or able to see well.
- ⑩ When you first start taking Amlodipine you may experience headaches, hot flushes and swollen ankles, this usually goes away a few days after starting treatment.
- ⑩ Amlodipine may cause you to sweat more than you usually do. Take care not to become overheated in hot weather or during exercise.
- ⑩ Before having any kind of treatment, including dental or emergency treatment, tell the doctor, dentist or surgeon you are taking Amlodipine.
- ⑩ Amlodipine can occasionally cause a dry mouth. This can be relieved by chewing sugar-free gum, sucking sugar-free sweets or pieces of ice. If your mouth becomes too dry, discuss the problem with your doctor.

Can Amlodipine cause problems?

Along with their useful effects all medicines can cause unwanted side effects. These should improve as your body adjusts to the new medicine. Speak with your doctor or pharmacist if any of the following side effects continue or become troublesome.

Headache, swollen legs and ankles, tiredness, feeling sick, *flushing* (redness of the face), dizziness, swollen gums, skin rashes, upset tummy, dry mouth, excessive sweating, palpitations, shortness of breath, drowsiness, changes in mood, muscle or joint pain, weakness, pins and needles or numbness of the hands and feet, sexual problems, a need to *urinate* (pass water) more often, problems with eyesight, hair loss.

Important: If you experience *jaundice* (yellowing of the skin and of the whites of your eyes) contact your doctor **immediately**.

If you experience any other worrying symptoms, which you think may be due to this medicine, discuss them with your doctor or pharmacist.

How to store Amlodipine

- ⑩ Keep all medicines out of the reach of children.
- ⑩ Store in a cool, dry place at below 25°C, away from direct heat and light.

Never keep out of date or unwanted medicines. Either discard them safely out of the reach of children or take them to your local pharmacist who will dispose of them for you.