Beta Blockers

Beta blockers are used to treat high blood pressure, Congestive Heart Failure (CHF), chest pain, heart attack, irregular heart rate and/or migraine headaches. Some medicines in this group:

- Acebutolol (Sectral)
- Atenolol (Tenormin)
- Betaxolol (Kerlone)
- Bisoprolol (Zebeta)
- Carvedilol (Coreg, Coreg CR)
- Labetolol (Trandate, Normodyne)
- Metoprolol (Toprol XL, Lopressor)
- Nadolol (Corgard)
- Nebivolol (Bystolic)
- Penbutolol (Levatol)
- Pindolol
- Propranolol (Inderal LA)
- Timolol

How to take this medicine

- This medicine is taken by mouth. Your doctor will tell you how much medicine to use and how often.
- Take Metoprolol or Carvedilol with food.
- Do not stop taking this medicine without talking to your doctor.
- Beta blockers need to be stopped by reducing the dose over 1 to 2 weeks.

More on next page ➔
**Side effects**

The most common side effects are:

- Fatigue
- Dizziness
- Low heart rate
- Low blood pressure
- Erectile dysfunction

**Call your doctor right away if you have any of these side effects:**

- Feel very tired or lack energy
- Are light headed or dizzy
- Feel faint
- Have trouble breathing or feel short of breath

**Warnings**

- Be sure to let your doctor know if you have asthma, diabetes, kidney problems, liver problems, thyroid problems, peripheral vascular disease or severe mental depression.
- This medicine may cause low blood pressure. Get a blood pressure machine to check your blood pressure at home.
- This medicine may cause a low heart rate. Check your pulse at home.
- Do not abruptly stop taking your beta-blocker. A gradual dose reduction may be needed.
- Talk to your doctor or pharmacist before taking any over-the-counter medicines, vitamins or herbals. Some over-the-counter medicines and products can increase blood pressure.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).