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## Department of Cardiology/Pharmacy

# Amlodipine (Istin)

### Action

Amlodipine is used to treat many problems. It:

- helps to control high blood pressure
- helps to stop you from getting angina attacks

Angina is a pain in your chest which you get when your heart does not get enough oxygen.

### Taking your amlodipine

Amlodipine is taken once a day. It is usually taken each morning. Try to take the dose at about the same time each day. Do not stop taking amlodipine unless your doctor tells you to.

**Remember:** You can take glyceryl trinitrate (GTN) if you get a sudden attack of chest pain.

### Problems to watch for

- Amlodipine can have side effects such as:
  - Headache.
  - Getting a flushed and red face.
  - Feeling dizzy or sick.
  - Feeling tired.

These side effects usually go away after a few days.

- Amlodipine can have side effects which last longer such as
  - Swollen gums.
  - A skin rash.
  - Swollen ankles.
  - Muscle pains or weakness.

You must tell your doctor if you get any of these side effects.

- Amlodipine can sometimes make chest pain worse instead of better. Tell your doctor straight away if your chest pain gets worse.
- Women who are pregnant or breast-feeding should talk to the doctor before taking amlodipine. The doctor will want to discuss the risks and benefits of taking it with you.
- Tell your doctor if you notice any strange effects from taking your amlodipine.



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### Help with this leaflet:



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[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



### Document history

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Contact number	01223 245151
Publish/Review date	March 2011/March 2014 (no changes made)
File name	Amlodipine.doc
Version number/Ref	3/PIN1591