

Department of Cardiology/Pharmacy

Beta-Blockers for angina

Examples: Atenolol
Bisoprolol
Metoprolol

Action

Beta-blockers are used to treat many problems. If you have angina they:

- help to cut down the work load of your heart

Taking your Beta-Blocker

Your doctor will choose which beta-blocker you should take. Some are taken once a day but some are taken more often. Always follow the instructions on the label of your medicine. Do not stop taking your beta-blocker 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

- Tell your doctor **straight away** if you have asthma or if you feel wheezy after taking your beta-blocker.
- Tell your doctor if you notice that you feel short of breath or if you get swollen ankles. Your doctor will want to check that your heart is working properly.
- Tell your doctor straight away if you are diabetic. You might need to check your blood sugar more often. Your doctor might change the dose of your medication.
- When you take your beta-blocker you might notice side effects such as:
 - Tingling or pains in your fingers and toes, especially in cold weather
 - Feeling tired.
 - Feeling dizzy or faint when you stand up.
 - Having strange dreams.
 - Having an upset stomach.
 - Having a skin rash or dry eyes.
 - Having problems with sexual intercourse.
- Tell your doctor if you notice any strange effects from taking your beta-blocker.
- Women who are pregnant or who are breast feeding should talk to their doctor before taking beta-blockers. The doctor will want to discuss the risks and benefits of taking beta-blockers with you.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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