
Department of Cardiology/Pharmacy

Verapamil

Action

Verapamil is used to treat a number of problems including: -

- Palpitations or irregular heartbeats
- Angina
- High blood pressure.

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

Taking your verapamil

Verapamil tablets come in a number of different types (tablets, modified release tablets or capsules. The dose varies depending on the preparation you have been prescribed

Read the label carefully before taking verapamil.

Verapamil tablets or capsules should be taken with a full glass of water before or after food.

Problems to watch for

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

These effects usually settle and go away after the first few days.

Verapamil can cause other side effects, such as the ones below. If these occur tell your doctor: -

- Swollen gums.
- Constipation.
- A skin rash.
- Nausea and vomiting.
- Swollen ankles.
- Breast enlargement (in men).

- Women who are pregnant or breast-feeding should talk to the doctor before taking verapamil. The doctor will want to discuss the risks and benefits with you.
- Grapefruit juice can increase the effects of verapamil. Avoid taking grapefruit juice at the same time of day as your verapamil dose.
- Tell your doctor if you notice any strange effects from taking your verapamil.



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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