

Department of Nephrology/Pharmacy

Beta-Blockers for hypertension (high blood pressure)

Examples:

The following are some examples of brand names of beta-blockers:

- Bisoprolol
- Metoprolol
- Atenolol
- Carvedilol

What are beta-blockers and what do they do?

Beta-blockers are used to help control high blood pressure (also known as hypertension).

The kidneys have a major influence on blood pressure and it is particularly important to monitor blood pressure in patients who have kidney disease. There are three reasons for this:

- Many kidney diseases cause high blood pressure – high blood pressure is very common in people with kidney diseases or failing kidneys.
- High blood pressure can cause further damage to diseased kidneys.
- People with kidney disease and failure are at high risk of developing heart disease and circulation problems.

Why am I prescribed a beta-blocker?

A beta-blocker has been prescribed for you to help to control your blood pressure and to help prevent further damage to your kidneys which may be caused by high blood pressure.

How do I take my beta-blocker?

Your doctor will decide 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.

Do I need to have any tests or be monitored because I am taking a beta-blocker?

You will need to have your blood pressure monitored frequently by your doctor.

Your doctor will alter the dose(s) of your high blood pressure medicines if your blood pressure is too high or too low.

Are there any side effects?

The main adverse effects seen with beta blockers include:

- 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

These side effects should be mild but if you have any concerns about these or any other side effects please contact your doctor or specialist nurse for advice.

Tell your doctor **straight away** if:

- You have asthma or if you feel wheezy after taking your beta-blocker.
- 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.
- You are diabetic. You might need to check your blood sugar more often.

Are there any problems taking beta-blockers with any other medications?

Beta-blockers should not be taken by patients who are asthmatic or have other problems with their lungs and use inhalers to relieve symptoms of breathlessness such as salbutamol (often called Ventolin®, a blue inhaler or 'reliever'). If you use an inhaler like this speak to your doctor as soon as possible and your consultant will discuss alternative treatment with you.

Only take tablets prescribed for you by your doctor and check with your pharmacist before taking any new medicines.

Further information

Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.

If you have any other questions about your medication, please contact the medicines helpline on 01223 217502.



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

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

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Document history

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