

# Nifedipine Long Acting (LA)

Nifedipine lowers your blood pressure by relaxing and widening blood vessels.

## What is this medication for?

Nifedipine lowers your blood pressure by relaxing and widening blood vessels.

## How should I take/use this medication?

- Do not stop taking your medicine without checking with your healthcare provider
- This medicine may be taken with or without food
- You should swallow the tablet whole. Do not crush or chew the tablets

## What should I do if I forget to take/use this medication?

- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double or use extra medicine to make up for the missed dose.

## What precautions should I take?

If you are pregnant or planning to get pregnant, you should inform your healthcare provider.

Inform your healthcare provider know if you are taking any other medications.

## What are some side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medicine immediately and see your doctor.

Very rarely, this medicine can injure or damage the liver. A liver injury may recover on its own. However in some cases, it can cause serious liver damage this medicine and see a doctor immediately if you notice dark coloured urine or light coloured stools, or if you experience nausea, vomiting, loss of appetite, stomach pain or yellowing of your eyes or skin. This side effect has a very low chance of occurring. Most patients take this medicine with no problems with your doctor or pharmacist if you have any concerns regarding your medicines.

## What are some other side-effects of this medication?

The common side effects include leg swelling, headache and your face may appear red and feel warm. You may also experience dizziness and lightheadedness on getting up from a sitting or sleeping position.

## What food or medicine should I avoid when I take this medication?

Avoid taking grapefruit when you are taking this medicine as grapefruit may interact with your medicine and increase the risk of side effects.

## How should I store this medication?



- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.
- Keep the medicine out of reach of children.
- Throw away all expired medicines.

## How should I dispose of this medication safely?

Pack this medicine into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace inform your healthcare professional. Please consult your healthcare professional for more information.

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