

Your medication information for Chronic Heart Failure

Beta-blockers

Active Ingredient Name	Some Common Brand Names
Bisoprolol	Beprol [®] , Bicard [®] , Bicor [®] , Biso [®] , Bispro [®]
Carvedilol	Dicarz [®] , Dilasig [®] , Dilatrend [®] , Vedilol [®] , Volirop [®]
Metoprolol	Betaloc [®] , Lopresor [®] , Metatar [®] , Metohexal [®] , Metrol [®] , Minax [®] , Mistrom [®]
Metoprolol-XL	Metrol-XL [®] , Minax XL [®] , Toprol-XL [®]
Nebivolol	Nebilet [®]

What are beta-blockers?

- ♥ Beta-blockers reduce the heart rate and lower the blood pressure, reducing the workload on the heart.
- ♥ They may work to:
 - Reduce your heart failure symptoms.
 - Reduce your need for hospital admissions.
 - Help you live longer.

What should I do while taking them?

Take your beta-blocker every day according to the doctor's instructions.

- ♥ Bisoprolol, Nebivolol and Metoprolol-XL are usually taken once a day.
- ♥ Carvedilol and Metoprolol are usually taken twice a day, in the morning and evening.
- ♥ Beta-blockers may be taken with or without food.

Do not stop taking your beta-blocker without talking to your doctor.

- ♥ Stopping your beta-blocker suddenly can make your condition worse.
- ♥ If you do need to stop taking it, your doctor will tell you how to reduce the dose gradually before stopping.

See your doctor one to two weeks after starting a beta-blocker, and after each dose increase.

- ♥ Your doctor will check your heart rate and blood pressure.

What are the possible side effects?

- ♥ You may feel dizzy when you first start taking a beta-blocker or when the dose is increased.
 - To avoid dizziness, get up slowly from sitting or lying down.
 - Sit or lie down if you feel dizzy or light-headed.
 - Tell your doctor if you continue to feel dizzy after the first few weeks.
- ♥ Other possible side effects of beta-blockers include wheeze, tiredness or fatigue, sleep disturbances, mood changes, cold hands and feet, and sexual problems. Tell your doctor or pharmacist if you experience any side effects so they can help you.
- ♥ Beta-blockers may hide the signs of hypoglycaemia (low blood sugar) in people with diabetes – be aware of this and test your blood sugar levels regularly.
- ♥ Beta-blockers may worsen the symptoms of asthma or airways disease. Make sure your asthma is well controlled, and see your doctor if you become wheezy or short of breath after you start taking a beta-blocker.
- ♥ Read the consumer medicines information leaflet or speak to your doctor or pharmacist if you would like more information about possible side effects.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

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