

Medication Information

Verapamil (Ver – ap – a – mill)

Other names for this medication

Isoptin SR®
Verap SR LA®

This medication has many other names.

How this medication is used

This medication is used to:

- treat high blood pressure
- keep your heart beat regular
- prevent migraines
- prevent chest pain, also called angina

How to take this medication

Take this medication exactly as directed by your health care provider. It must be taken regularly, even if you feel well. Do not suddenly stop taking this medication with checking with your health care provider first.

Take this medication with a meal or snack if it upsets your stomach.

How to take this medication (continued)

For the **SR tablet**, swallow the tablet whole. Do not crush or chew the tablet. You may break the SR tablet in half if your health care provider tells you to do so.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

While taking this medication you may notice

- constipation
- nausea
- dizziness

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

Contact your health care provider if you notice

- breathing problems
- your heart beat is faster or slower than usual
- sudden weight gain
- swelling of your ankles, feet or lower legs
- you feel less interested or able to have sex