

Medication Information

Nifedipine (Nye – fed – i – peen)

Other names for this medication

Tablets:

Adalat[®] XL

Nifedipine[®] ER

Capsules:

Adalat[®]

There are many other names for this medication.

How this medication is used

This medication is used to prevent chest pain, also called angina. It works by relaxing the blood vessels. This allows more blood to go to your heart. The more blood that goes to your heart, the more oxygen the heart gets. This helps your heart work better.

This medication is also used to treat high blood pressure.

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.

Take this medication with food.

Do not suddenly stop taking this medication without checking with your health care provider first.

Tablet: For the ER or XL tablet, swallow the tablet whole. Do not crush or chew the tablet. These medications release Nifedipine slowly.

How to take this medication (continued)

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 times. Do not take 2 doses at one time. Do not eat grapefruit or drink grapefruit juice while taking this medication.

While taking this medication you may notice

- dizziness or weakness
- headache
- nausea
- heartburn
- flushed skin with a warm feeling
- swelling of your ankles, feet or lower legs
- the empty shell of the XL and ER tablet in your stool

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.

Contact your health care provider if you notice

- breathing problems
- coughing or wheezing
- severe swelling of your ankles, feet or lower legs
- your heartbeat is faster or slower than usual
- you feel less interested or able to have sex