Adalat XL® (nifedipine)
20 mg, 30 mg and 60 mg tablets

What is it used for?
This medication is generally used to treat high blood pressure or chest pain (angina). It starts working within a few hours but, its full effects are seen only after a few weeks of use. To see if it works, measure your blood pressure regularly.

How do I use this medication?
This medication is typically used once a day in the morning, but your doctor may have suggested a different schedule for you. It can be taken with or without food. You should avoid grapefruit and grapefruit juice while you are on this medication. It should be taken regularly to maintain its beneficial effects which include: preventing strokes and heart attacks. If you stop your medication by yourself, you may not feel anything but the beneficial effects will be lost.

What are the possible side effects?
In addition to its desired action, this medication may cause some side effects including:

- weakness, dizziness, fainting on standing up (usually, if the dose is too high)
- flushing (redness of the skin)
- swelling in hands, ankles or feet
- headache
- indigestion, nausea, vomiting, (take with food to help lessen symptoms)
- swelling, thickening of the gums (gingival hyperplasia): good dental care, brushing and flossing, will decrease the chances of this occurring

Each person reacts differently to a treatment. If you think this medication is causing you side effects, whether they are mentioned here or not, talk to your pharmacist, nurse or doctor. They could help determine if the medication is the source of the problem, and help you manage the situation if needed.

What should I pay special attention to?
- Your medication may be stopped or the dosage reduced if your blood pressure is too low.
- When the blood pressure starts to lower, you may feel dizzy when changing position. During the first week, and with each dose increase, avoid changing positions abruptly. Get up slowly from a sitting or lying position.
- You may find the whole tablet in your stool. This is just the outer shell, the medication inside has been absorbed and used by your body.
- Avoid grapefruit and grapefruit juice while using this medication.
How do I store this medication?
This product must be stored at room temperature, in a safe place, out of the reach of young children. Do not expose to excessive heat, moisture or direct sunlight. Protect this medication from light.

General information
This medication may interact with another medication or supplement that you are taking. Some interactions can cause serious problems. This is why it is important to tell your pharmacist, nurse or doctor:

- all medications you are taking, prescription and non-prescription, including vitamins, natural products and supplements,
- if you have allergies to any medications,
- if you smoke,
- and for women, if you are pregnant or breast-feeding.

You can read more about this medication by visiting [http://www.drugs.com/nifedipine.html](http://www.drugs.com/nifedipine.html)

Disclaimer
This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

References
- RX Vigilance – Adalat XL July 2009
- RX Vigilance – Calcium-channel Blockers July 2009
- Micromedex @ [http://www.micromedex.com](http://www.micromedex.com) – Adalat XL July 2009