

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

降血壓藥物指導

Sir/Lady:

Topic of nursing instructions provided here: Information of drug use

Contents: Instructions for antihypertensives

I. Function: Lowering blood pressure.

II. Precautions:

- (1) When taking a medication of this type, patients should slow down their movements when changing positions (e.g., from sitting to standing or getting out of bed) to prevent dizziness or lightheadedness.

III. After taking the medication, you may have dizziness, so avoid driving or operating a machine.

- (1) Notify the doctor for any of the following conditions: Chest pain, irregular heartbeat, skin rash, swollen ankles, abnormal joint redness, swelling or pain, difficult breathing or wheezing, a history of allergic reactions to these medications, pregnancy or planning to become pregnant, breastfeeding, poor liver function, heart failure, or known heart diseases (e.g., aortic valve, mitral valve stenosis).
- (2) If the heart rate drops below 60 beats per minute after taking the medication, inform the healthcare provider.
- (3) Possible side effects include: Nausea, vomiting, dizziness, headache, facial flushing, constipation or diarrhea, loss of appetite, muscle weakness, low blood pressure, swelling of lower extremities, blurred vision, feelings of heat, and fatigue. Long-term use may lead to gum swelling.
- (4) Take the medication regularly as prescribed by the doctor. Do not stop suddenly. Avoid taking it with high-fat foods, alcohol (which can increase the vasodilatory effect of the medication and cause orthostatic hypotension), and grapefruit juice.
- (5) Adalat is a fast-release capsule. In an emergency, place it under the tongue (pierce or bite the capsule first).
- (6) Adalat oros, Felodipine and Zandip are sustained-release tablets. Swallow them whole with a sufficient amount of water. Do not split or chew the tablet, or ground it to powder as this can reduce the sustained effects of the medication.
- (7) Patients with high blood pressure often take diuretics to lower blood pressure, but diuretics increase urination. To avoid affecting sleep, try to take the medication before

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6 PM. Be cautious of falling while doing exercise.

(8) High blood pressure must be treated for a long term to prevent complications. If the blood pressure decreases slightly, do not stop the medication on your own, as this will not prevent complications and may cause a rebound increase in blood pressure, worsening the condition. Always follow the prescribed treatment and never stop medication on your own.

IV. If you forget to take a dose, take it as soon as you remember. If it is almost time for the next dose, skip the missed dose and take the next dose at the scheduled time. Do not take two doses at once.

If you are still unclear about something or have any questions, please contact the nursing station in the ward