

Beta Blockers

What are Beta Blockers?

Betablockers are drugs that are sometimes used to lower blood pressure, control heart rhythm, help the heart recover after a heart attack, and can improve your heart function.

You may be prescribed Beta Blockers to help:

- Manage high blood pressure
- Manage irregular heart rhythms or fast heart rate
- Manage angina - chest pain
- Help the heart recover after a heart attack or if working poorly

Benefits of Beta Blockers

When using this medication as directed by your healthcare provider, Beta Blockers can:

- Slow heart failure progression
- Improve quality of life
- Prolong life
- Reduce risk of hospitalization
- Reduce stress on heart

Side Effects

Most individuals taking betablockers do not experience concerning side effects. Your other health issues and medications influence what side effects could develop. Please discuss side effects to watch for with your healthcare provider as some are serious. Alternatively, please connect with your community pharmacist.

Please know it is common to have the beta blocker dose started low and then increased to the “target” dose - the dose that is most effective. Increasing the dose of your medication to the target dose is part of usual treatment and not a

sign of a problem.

Common Beta Blockers (Your healthcare providers will help select the best option for you)

[☐ Atenolol \(Tenormin\)](#)

[☐ Bisoprolol \(Monacor\)](#)

[☐ Carvedilol \(Coreg\)](#)

[☐ Metoprolol \(Lopressor\)](#)

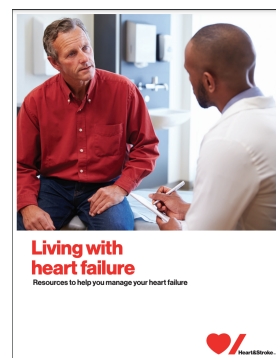
[☐ Propranolol \(Inderal\)](#)

Bisoprolol, Carvedilol and Metoprolol are beta blockers shown to improve heart function in people with a weak heart muscle.

Additional Resources

[Medication Tips](#)

To learn more about your medication and its possible side effects please refer to pages 31-32 from your Heart&Stroke handbook or visit the [Heart&Stroke web link](#)



Please reach out to your healthcare provider if you have any questions or concerns about your condition and the use of this medication. This may include members of your heart failure team.

Your heart failure team

- ☐ Best Care phone contact
- ☐ Telehome Monitoring contact
- ☐ Community paramedic
- ☐ Primary care team
- ☐ Heart failure clinic phone contact

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