## Calcium Channel Blockers (dihydropyridines) – nifedipine (Adalat, Procardia)

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<th>Administration</th>
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| • Treats mild to moderate hypertension  
• Treats stable (exertional) angina and variant (vasospastic) anginas  
• Some calcium channel blockers | • Available for oral use in capsules and sustained-release tablets; sustained release form is approved to treat hypertension  
• Sustained-release form must be swallowed whole and not chewed or crushed  
• To prevent reflex tachycardia, nifedipine may be combined with a beta-blocker |

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| • Reflex tachycardia causing increased angina pain in patients with angina  
Note: This effect is most likely with faster-acting tablets than the sustained release form. | • Give nifedipine along with an ordered beta-blocker to prevent tachycardia  
• Monitor heart rate | • Report rapid heartbeat, increase in angina pain to provider |
| • Lightheadedness, dizziness (caused by vasodilation) | • Monitor for and report this effect  
• Assist with ambulation as needed | • Do not perform hazardous activities such as driving until effects are known |
| • Facial flushing, perception of heat (caused by vasodilation) | • Inform patient that facial flushing may occur | • Be aware that this side effect may occur |
| • Peripheral edema of feet and legs | • Monitor for and report edema  
(a diuretic may be prescribed if edema occurs) | • Report swelling of feet and legs to provider |
| • Hypotension, especially with overdose | • Monitor blood pressure carefully as starting dosage is established  
• Notify provider and withhold dose for BP below 90 mm Hg. systolic or for prearranged parameter | • Advise patient to take as prescribed and not increase dosage  
• Report dizziness, syncope to provider |
| • Gingival hyperplasia (growth of gum tissue, bleeding gums) | • Inspect gingival tissue periodically for enlargement  
(Nifedipine may be discontinued)  
• Advise regular dental care | • Report bleeding gums, gum tissue growth to provider  
• Obtain regular dental care |

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| • Allergy to nifedipine  
• Acute myocardial infarction  
• Angina which is unstable  
• Aortic stenosis  
• Obstruction in GI tract  
• Children | • Heart failure  
• Gastroesophageal reflex disease | • Use with beta blockers may increase risk for heart failure; however, they can prevent reflex tachycardia  
• Melatonin increases blood pressure, pulse rate  
• Ginkgo biloba and ginseng increase blood levels  
• St. John’s wort decreases blood levels  
• Grapefruit juice may increase blood levels |