

Taking a Beta Blocker

After a Heart Attack

Why take a beta blocker medicine after a heart attack?

Beta blockers relax your heart, slow your heart rate and reduce the strain on your heart. This results in lower blood pressure and a slower heart rate, helping to reduce your chance of having another heart attack.

How long do I need to take a beta blocker medicine after a heart attack?

Speak to your health care provider about how long you will need to take the beta blocker medicine. After a heart attack, most people will need to take it every day for an extended period of time. For the best results, you should always take your medicine as prescribed, even if you feel well.

What about side effects?

Most side effects from beta blocker medicines are mild and go away after your body adjusts to the medicine. Possible side effects may include dizziness, insomnia, cold hands or feet and fatigue. Let your health care provider know if you are having any side effects from your beta blocker medicine. Sometimes lowering the dose or changing to a different beta blocker can help. Don't stop taking this or any medicine without first talking to your health care provider.

Examples of beta blocker medicines:

Atenolol (Tenormin®)
Bisoprolol (Zebeta®)
Metoprolol (Lopressor®, Toprol XL®)
Carvedilol (Coreg®)
Nadolol (Corgard®)

Tips for taking beta blocker medicine

- Use a pillbox
- Download an app such as the *Medisafe Pill Reminder & Medication Tracker* *
- Combine with a daily activity such as when you first wake up, before a shower or before bedtime
- Take advantage of pharmacy auto-refill and reminder systems
- Refill your prescriptions before you run out. Ask your health care provider for a 90-day prescription
- Keep a list of all medicines and share with your health care provider

Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in StrideSM (HMO) depends on contract renewal.

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