FAIRVIEW PHARMACY — EST. 1978

Taking amlodipine safely

amlodipine besylate · calcium channel blocker · once a day

3 MISTAKES TO AVOID

1 Not taking it the same way every day

Once a day, with or without food, same time. Simvastatin dose is limited to 20 mg a day.

2 Starting something new without checking

Some medicines raise amlodipine levels. Check with your doctor before anything new.

3 Brushing off a fast or irregular heartbeat

Common side effects are usually mild, but an irregular heartbeat should be reported.

How to take it

- **Once a day**, with or without food, at the same time (breakfast, dinner, or bedtime). Never 2 doses at once.
- **Missed a dose?** Take it as soon as you remember. More than 12 hours? Skip it and go back to your regular time.
- **Raises simvastatin levels:** if you take both, simvastatin is limited to 20 mg a day.

Starting something new (mistake #2)

- **Check with your doctor before any new prescription, OTC medicine, or supplement.** Some raise amlodipine levels and the chance of low blood pressure or swelling.
- Nitroglycerin for angina is fine to continue. Don't stop your blood pressure medicines on your own.
- Tell your doctor about heart disease, liver problems, pregnancy, or breastfeeding.

Side effects

- Swelling of the legs or ankles, tiredness, stomach pain, nausea, dizziness, and flushing are usually mild.
- An irregular heartbeat or one that feels very fast: tell your doctor.

Who needs extra caution

- Severe aortic stenosis: amlodipine can lower blood pressure too much. Liver problems: your doctor raises the dose slowly.
- Amlodipine can pass into breast milk.

EMERGENCY: CALL 911

It's rare, but starting or raising the dose can make angina worse or trigger a heart attack. New, spreading, or unrelieved chest pain: get medical help right away.

Good to know

Pregnant, planning to be, or breastfeeding? Tell your doctor before starting amlodipine.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

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Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

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