

About your medication

NIFEDIPINE

(ADEFIN[®] and ADALAT[®] 10mg and
20mg tablets

ADALAT OROS[®] CONTROLLED
RELEASE 20mg, 30mg and 60mg
tablets

ADEFIN XL[®] CONTROLLED RELEASE
30mg and 60mg tablets)

Other brands may be available

WHAT IS MEDICINE NAME?

Nifedipine belongs to a group of medicines called calcium channel blockers. It is only available on a doctor's prescription.

WHAT IS IT FOR?

In children Nifedipine is used to treat high blood pressure. It helps reduce blood pressure by relaxing and widening blood vessels. Your child's doctor may have prescribed Nifedipine for a different reason; check with your child's doctor if unsure.

HOW TO TAKE THIS MEDICINE

It is important that this medicine is given only as directed and not given to other people.

Nifedipine tablets are available in two forms; immediate release tablets that work almost straight away, and controlled release tablets that work over a longer period of time. These products are NOT interchangeable, only use the product prescribed by your child's doctor.

Immediate release tablets are usually given twice a day, but may be given more frequently on doctors directions. Your child's doctor may also prescribe them to be used only when required. Immediate release tablets may be crushed for administration.

Controlled release tablets are given once a day at the same time each day. Controlled release tablets must be swallowed whole; they are not to be crushed or chewed.

WHAT TO DO IF A DOSE IS MISSED

If you miss a dose of the medicine it can be given as soon as you remember. If it is almost time for your child's next dose, skip the dose you missed and give the next normal dose when you are meant to. **Do not give a double dose.**

STORING THE MEDICINE

It is important to keep Nifedipine locked away out of the reach of children. Do not keep the tablets in the bathroom, near the kitchen sink or in other damp, warm places because this may make them less effective. Store in a cool, dry place, away from heat and direct light.

USE OF OTHER MEDICINES

Care must be taken when using Nifedipine with some other medications. Check with your doctor or pharmacist before giving any prescription medicine

or medicine purchased without prescription from a pharmacy, supermarket, or health food shop. This is important for

- Other medicines used to treat high blood pressure
- Medicines for the heart such as beta blockers or Digoxin
- Rifampicin
- Tacrolimus

This list is not complete. Talk to your doctor or pharmacist about possible interactions with any over-the-counter or complementary medicines or recreational substances (e.g. caffeine in soft drinks).

IMPORTANT INFORMATION

Do not stop giving Nifedipine suddenly without first talking to your child's doctor; it may have to be withdrawn slowly to prevent increases in blood pressure.

Your child may experience dizziness or altered alertness whilst taking Nifedipine. Care must be taken with activities like riding bikes or climbing trees, until you know how this medicine will affect your child.

Nifedipine can interact with grapefruit and grapefruit juice; do not allow your child to eat or drink large quantities of grapefruit.

POSSIBLE SIDE EFFECTS

Side effects can occur while taking Nifedipine. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Less serious side effects include:

- Headache, fatigue, dizziness and flushing
- Abdominal pain and constipation
- Nausea

More Serious (Contact doctor *as soon as possible* if any of the following occur):

- Swelling of the feet or ankles (oedema)
- Fast, slow, irregular or pounding heart
- Low blood pressure (fainting)
- Chest pain

Allergic reaction (Stop medicine and see doctor immediately):

- Skin rash, itching or hives, swollen mouth or lips, wheezing or difficulty breathing.

IF YOU HAVE ANY QUESTIONS CONTACT



**The Royal Children's
Hospital Melbourne**

***Your Child's Doctor via the RCH Switchboard
on 03 9345 5522***

OR

***Pharmacy Department on 03 9345 5492
IN CASE OF POISONING OR OVERDOSE CONTACT
POISONS INFORMATION CENTRE 13 11 26
(24 hour service)***

This leaflet answers some common questions about your/your child's medicine. It does not contain all available information. It does not take the place of talking to your/your child's doctor or pharmacist. The leaflet may differ from information in the manufacturer's Consumer Medicine Information. The information in this leaflet reflects the usage of medicine under medical supervision by patients of The Royal Children's Hospital. Medicine may be used in children in different ways or for different reasons than in adults - for more information see the leaflet "[Medicines for Children](#)". This leaflet includes information current at the time of review of the document – AUGUST 2012.
