

# Adalat

**Adalat** - Adalat is used to lower hypertension (high blood pressure) and to treat angina (chest pain).

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## Drug name

Adalat (Nifedipine)

## Drug Uses

Adalat is used to lower hypertension (high blood pressure) and to treat angina (chest pain).

## How Taken

Use Adalat as directed by your doctor.

- Take Adalat by mouth. It may be taken with food if it upsets your stomach. Taking it with food may not lower the risk of stomach or bowel problems (eg, bleeding, ulcers). Talk with your doctor or pharmacist if you have persistent stomach upset.
- Swallow Adalat whole. Do not break, crush, or chew before swallowing.

Ask your health care provider any questions you may have about how to use Adalat.

## Drug Class and Mechanism

Adalat works by interfering with the normal action of calcium in blood vessel constriction (relaxes the blood vessels) and heart muscle contraction (heart may beat with less force and pump out less blood) and nerve conduction in the heart (heart may beat more slowly and more regularly).

## Missed Dose

If you miss a dose of Adalat, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

## Storage

Store at room temperature, between 59 and 86 degrees F (15 and 30 degrees C) in a tightly closed container. Store away from heat, moisture, and light. Do not store in the bathroom. Keep out of the reach of children and away from pets.

## Warnings Precautions

Do not use Adalat if:

- you are allergic to any ingredient in Adalat.

Contact your doctor or health care provider right away if any of these apply to you. Important :

- Do not drive or perform other possibly unsafe tasks until you know how you react to it.
- Proper dental care is important while you are taking Adalat. Brush and floss your teeth and visit the dentist regularly.
- Use Adalat with caution in the elderly; they may be more sensitive to its effects.
- If you become pregnant, contact your doctor. You will need to discuss the benefits and risks of using Adalat while you are pregnant. It is not known if Adalat is found in breast milk. If you are or will be breast-feeding while you use Adalat, check with your doctor. Discuss any possible risks to your baby.

## Possible Side Effects

Check with your doctor if any of these most common side effects persist or become bothersome:

- constipation; dizziness; flushing; giddiness; headache; heat sensation; heartburn; lightheadedness; nausea; weakness.

Seek medical attention right away if any of these severe side effects occur:

- severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); irregular pulse; shortness of breath; swelling of the feet or hands; tender, bleeding, or swollen gums.

## More Information

Adalat is to be used only by the patient for whom it is prescribed. Do not share it with other people. If you have any questions about Adalat, please talk with your doctor, pharmacist, or other health care provider.

## Site:

[Adalat](#)