

ATRIAL FIBRILLATION MEDICATIONS

Beta Blockers

Beta blockers are used to lower heart rate and improve heart related symptoms.

All beta blockers end in "lol", like metoprolol.

Side effects: dizziness, light-headedness, fatigue

Monitor: heart rate, blood pressure

Calcium Channel Blockers

Diltiazem and verapamil are two calcium channel blockers used for lowering heart rate and improving symptoms of atrial fibrillation.

Side effects: dizziness, light-headedness, flushing, swelling in the legs

Monitor: heart rate, blood pressure

Warfarin

An anticoagulant used to prevent blood clots and strokes. Warfarin has many medication interactions, and can also interact with some foods. If possible, avoid natural health products, green tea, liver and seaweed products such as dulce.

Side effects: increased bleeding and bruising

Monitor: INR with bloodwork, signs of severe bleeding

OR

Oral Anticoagulants (OACs)

Oral anticoagulants prevent blood clots and strokes. OACs all end in "an" like apixaban or rivaroxaban.

Side effects: upset stomach, increased bleeding and bruising

Monitor: kidney function, signs of severe bleeding

Amiodarone

Antiarrhythmic medication used to reset and maintain a normal heart rhythm.

Side effects: Constipation, nausea, and sensitivity to the sun

Monitor: Yearly chest x-ray and eye exams, blood work for thyroid levels and liver function tests every 6 months

Wear Sunscreen!

These are the most common medications used, you may be on others depending on your condition.

NBHC | 2023



NEW BRUNSWICK HEART CENTRE
CENTRE CARDIAQUE DU NOUVEAU BRUNSWICK



RÉSEAU DE SANTÉ
Horizon
HEALTH NETWORK

MEDICATION SCHEDULE

Name of Medication	Dose	Morning	Lunch	Evening	Bedtime
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Insert name, dose, and time of administration in the table and checkboxes provided!

Helpful Resources

New Brunswick Heart Centre (nbheartcentre.ca)

Heart and Stroke Foundation of Canada | Home

University of Ottawa Heart Institute

NBHC | 2023



NEW BRUNSWICK HEART CENTRE
CENTRE CARDIAQUE DU NOUVEAU BRUNSWICK



RÉSEAU DE SANTÉ
Horizon
HEALTH NETWORK