

Other Behavior Medicines

(Blood Pressure Medicine, Naltrexone,
Over the Counter)

8



About Project MED

“Project MED” stands for **M**edication **E**Ducation. The Project MED Group has written a series of eight education booklets about medicines. These booklets will help you if you have learning problems, reading problems, or problems understanding why you are taking medicine. These booklets will also be useful to you if English is not your main language. Parents, guardians, and other care givers might like to read these booklets too.

Our goal was to write the information in plain words. When we cannot avoid using a hard-to-read word, we give you help in pronouncing (pronounced) the word. We also describe what the hard-to-read word means in parentheses ().

Other Behavior

Medicines

(Blood Pressure Medicine,
Naltrexone, Over the Counter)

Written by The Project MED Group:

Michael G. Aman
Betsey A. Benson
Kenneth M. Campbell
Jessica K. Masty
Andrea N. Rohr

Illustrated by:

Nikkole Kozlowski

Layout/Design By:

Michelle Patterson

Recommended Citation:

Aman, M.G., Benson, B.A., Campbell, K.M., Masty, J.K., & Rohr, A.N.
(2001). Other behavior medicines (blood pressure medicine,
naltrexone, over the counter. Columbus, OH: The Ohio State
University.

Project MED is supported by a grant from the U.S. Administration on
Developmental Disabilities
(Grant No. 90DD0446)

To the Ohio State University Nisonger Center,
A University Center for Excellence in Developmental Disabilities.

©1999, 2000, 2010 The Nisonger Center UCEDD
The Ohio State University

Table of Contents

How to Use This Booklet	1
1. Name(s)	1
2. Used for what?	1
3. Main side effects	2
4. Doses	2
5. Common Interactions	2
6. How long will I take this?	3
Beta Blockers	3
1. Name(s)	3
2a. Used for what?	4
2b. Other uses	4
3. Main side effects	6
4. Doses	6
5. Common Interactions	7
6. How long will I take this?	9
Clonidine (Catapres) and Guanfacine (Tenex)	9
1. Name(s)	9
2a. Used for what?	9
2b. Other uses	10
3. Main side effects	11
4. Doses	12
5. Common Interactions	12
6. How long will I take this?	13
St. John's Wort	14
1. Name(s)	14
2. Used for what?	14

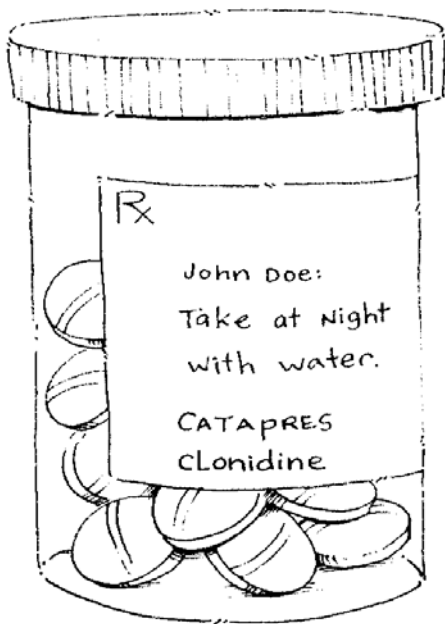
3. Main side effects	15
4. Doses	16
5. Common Interactions	16
6. How long will I take this?	17
Naltrexone	17
1. Name(s)	17
2a. Used for what?	18
2b. Other uses	18
3. Main side effects	19
4. Doses	19
5. Common Interactions	19
6. How long will I take this?	19
Melatonin	20
1. Name(s)	20
2. Used for what?	20
3. Main side effects	21
4. Doses	22
5. Common Interactions	22
6. How long will I take this?	22
Vitamin B6	23
1. Name(s)	23
2a. Used for what?	24
2b. Other uses	24
3. Main side effects	25
4. Doses	26
5. Common Interactions	27
6. How long will I take this?	27

How To Use This Booklet

This booklet talks about 6 different kinds of medicines. Some are used to treat physical (FIS'-ih-kul) problems. But most can be used to treat problems with how people feel or how they act. Lots of different medicines are described here. To make this booklet as short as possible, we talk about each medicine with these 6 topics:

1. Name(s)

Name(s) gives the medicine's name. Most medicines have two names – a *brand* name and a *generic* (je-NAIR'-ik) name. Brand names are names given to the medicines by the company that makes them. A medicine may have more than one brand name. Generic names describe the chemicals (KEM'-i-kuls) used to make the medicine. A medicine can have only one generic name.



The label shows the brand name and the generic name.

*Brand name:
Catapres.
Generic name:
clonidine.*

2. Used for What?

This tells what the main uses are for the medicine.

If the medicine has both a *physical* use and a *behavioral* use, we give both.

3. Main Side Effects

Side effects are unplanned changes that sometimes happen when you take a medicine. Sometimes side effects are a problem. They can make your body feel different. Example: Some medicines can make you feel tired. We list the most common kinds of side effects for each medicine.

4. Doses

The dose is the amount of medicine that is given. Usually, doses are given in *mg*, which stands for *milligrams* (MILL'-ih-grams). We give the dose for these medicines so that you will know whether you are taking an amount that is common.

5. Common Interactions

“Interaction” means that when you take a medicine or food with another medicine or food, some action of that medicine becomes bigger or smaller. It is important to know about any interactions for the medicines you are taking. This way you can know if the effects of the medicine are bigger or smaller than usual.

6. How Long Will I Take This?

Some problems take longer to treat than others. Sometimes it may not matter how long treatment is given. In this section, we try to tell you how long each type of medicine is usually used.

We will be talking about these medicines: (a) beta blockers (like Inderal), (b) Catapres and Tenex, (c) naltrexone, (d) St. John's Wort, (e) melatonin, and (f) megavitamins (MEG'-uh-VYE'-the-minz) or big amounts of vitamins (VYE'-the-minz). **You only need to read the parts about your medicine, but you can read the other parts of this booklet if you want to.**

Beta (BAY'-tuh) Blockers

1. Name(s)

There are about 12 different medicines in this group. The most common one is called propranolol (pro-PRAN'-oh-lol). Its brand name is Inderal (INN'-der-all).

Beta Blockers

Generic Name

propranolol
nadolol

Brand Name(s)

Inderal
Corgrad

metoprolol
atenolol

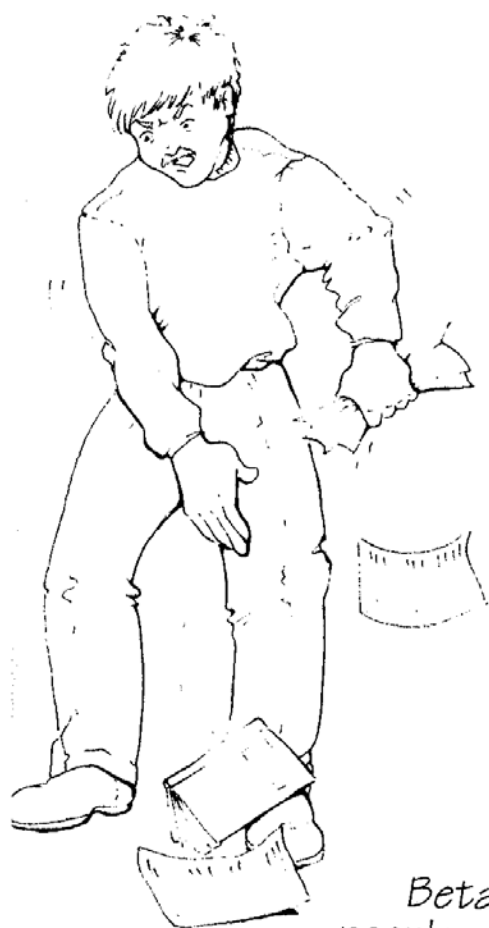
Lopressor, Toprol
Tenormin

2a. Used for What?

Many people with heart problems take these medicines. In particular, these may help to lower the blood pressure. Sometimes these medicines also help people with migraine (MY'-grain) headaches.

2b. Other Uses

These medicines are sometimes used to help people with other kinds of problems. These include (a) too much anger, (b) stress, anxiety, worry, and (c) some movement problems.



Beta blockers may help people who have a lot of anger.

a) Anger. Some people get mad too easily. They may strike out at other people before stopping to think. They may “blow up” and lose control. Some people even harm themselves. This is called self injury (IN'-jerr-ee).

Sometimes the

beta blockers can help to make these kinds of anger less.

b) *Stress, anxiety and worry.* Some people are too worried or too tense. They may get so nervous (NUR'-vus) that they cannot go to school or work, or their work day may become more difficult. Things that should be easy seem hard to do. Sometimes it may feel like your heart is going too fast and that you are sweating too much. If you have these problems, one of the beta blockers may help.

c) *Movement Problems.* Some other medicines can cause movement problems. Medicines called antipsychotics (an-ti-sy-KOT'-iks) can do this in some people (see #3 on back cover). Examples: if you have movement problems, you may have restless legs. You may feel like you have to walk back and Forth. You may feel jittery. The beta blockers can help get rid of this feeling.

3. Main Side Effects

If you are taking a beta blocker you may have a side effect from it. Here are some possible side effects:

- slower heart beat
- lower blood pressure (you may feel dizzy or light headed)
- cold hands or feet
- feeling tired or drowsy
- breathing problems, especially if you have asthma (AZZ'-muh)
- not common: feeling sad, "blue," or depressed.



Beta blockers may make you feel dizzy or light headed.

If you have any of these side effects be sure to tell your doctor.

4. Doses

The amount of beta blocker can be very different for different people. Here are some common dose levels (amounts for one day):

Medicine	Dose (mg per day)
propranolol (Inderal)	20 – 500 mg
nadolol (Corgard, Corzide)	40 – 240 mg
atenolol (Tenormin)	50 – 100 mg
metoprolol (Lopressor, Toprol)	100 – 450 mg

5. Common Interactions

Beta blockers can interact with lots of other medicines. They can make the effects of some medicines bigger. These are medicines like:

- antipsychotics
- other heart medicines, like Cardizem, Covera, Isoptin, Norvasc, Procardia, Verelan
- catapres (clonidine) and Tenex (guanfacine)
- Dilantin (phenytoin)
- MAOIs (like Marplan, Nardil, Deprenyl, and Parnate)
- thyroid (THY'-roid) medicine (pills, like synthroid, Eltroxin).

Beta blockers can change the effects of some diabetes (dye-eh-BEET'-iss) medicines. They may affect insulin and some pills for diabetes. If you have diabetes, be sure to tell your doctor before starting this medicine.

Moban (molindone) and Tagamet (cimetidine) may make the effects of beta blockers bigger.

Finally, some things can make the effects of beta blocker smaller.

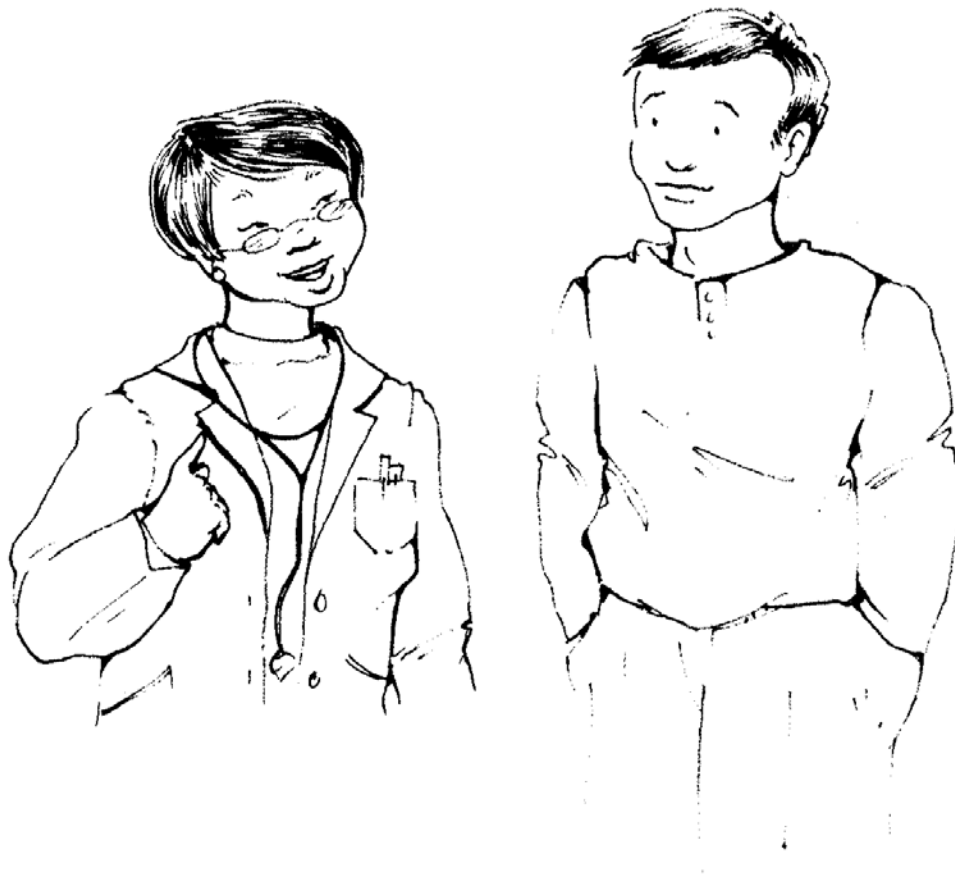
They are:

- Smoking tobacco
- Tegretol (carbamazepine)
- Pain medicines for swelling (like Advil, Aleve, Anaprox, Cataflam, Midol, Motrin, Naprosyn, and Nuprin).

Other heart medicines may make the effects of beta blockers bigger.

Example: Cardizem, Covera, Isoptin, Norvasc, Procardia, and Verelan.

If you are taking beta blockers and any other medicines, talk you're your doctor. You may want to ask if they can interact.



Talking with your doctor can help you learn more about your medicines.

6. How Long Will I Take This?

If you are taking this medicine for anger or for anxiety and worry, you may need to use it as long as the anger or anxiety is a problem. If you are taking it for a movement problem that is caused by antipsychotic medicine, you may need to take it as long as the antipsychotic medicine is at full dose. *If you have questions about how long you need to take this medicine, ask your doctor.*

Clonidine (Catapres) and Guanfacine (Tenex)

1. Name(s)

There are only two medicines in this group. One is clonidine (KLON'-ih-deen); its brand name is Catapres (CAT'-uh-press). The other is guanfacine (GWAN'-fuh-seen); its brand name is Tenex (TEN'-ex).

2a. Used for What?

Proven: People with heart problems may take one of these medicines. Both can make blood pressure go down. These medicines may also help people who get migraine (MY'-grain) headaches.

