Rx and OTC Medications

Prescription Medications
- Beta-blockers (generic name ends in -ol)
  - Block beta-receptors on heart that increase heart rate
  - decrease HR
  - decrease BP
  - increase FC if angina
  - Slow metabolism
  - Fatigue

Prescription Medications
- Nitrates
  - Cause relaxation of veins
  - decrease BP
  - increase HR
  - increase FC if angina
  - Many forms – spray, oral, patch

Prescription Medications
- Calcium Channel Blockers (generic name ends in -pine or -il)
  - Block calcium in smooth muscle
  - variable effect on HR
  - decrease BP

Prescription Medications
- ACE inhibitors (generic name ends in -pril)
  - Angiotsin Converting Enzyme Inhibitor
  - Angiotsinogin Angiotsin I Angiotsin II (potent vasoconstrictor)
  - no effect on HR
  - decrease BP

Prescription Drugs
- Diuretics – (generic name ends in -ide or -one often)
  - no effect on HR
  - may decrease BP or no effect
  - Potassium-sparing
  - Non potassium-sparing
    - Muscle cramps
    - Abnormal heart rhythm
Prescription Medications
- Bronchodilators
  - No effect on HR (ACSM) really increases
  - No effect on BP
  - Increase FC if bronchospasm

Over-the-counter Drugs
- Antihistamines - no effect on HR or BP
- Cold tablets - may increase HR, variable effects on BP
- Diet pills - may increase HR and BP
- Caffeine - variable effects depending on HR and BP depending on use, variable effect on FC and may cause arrhythmias
- Nicotine - may increase HR and increases BP