

**Medication: Ivabradine 5 mg**

**What is Ivabradine?**

Ivabradine is used to treat patients with congestive heart failure. However, it can also be useful for patients with POTS. It works by decreasing the heart rate without causing some of the other side effects of beta-blockers

**Expected Benefit:**

- You should notice benefit within a day once you are on the right dose

**Watch for possible side effects:**

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Low heart rate
- High blood pressure (see your GP for monitoring)
- Irregular heart beat

**Stopping the medication:**

- You can stop this medication without problem

**How to use this medication:**

- Take this medication with or without food
- Do not take with grapefruit juice

**Dosing Schedule:**

- Start with 2.5 mg daily
- Monitor your heart rate both lying and standing
- Your heart rate should not go below 60
- You can increase the dose, if needed, using the schedule below

TIME	
AM	PM
1.25	
1.25	1.25
2.5	2.5
Follow up with clinic before increasing the dose	

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Grapefruit juice
- St John's Wort

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.