

## Counselling checklist for patients newly prescribed Amiodarone

The following points should be discussed with all patients who have been initiated on Amiodarone. Please file in medical notes once completed. If necessary please ensure that next of kin/carer is present or that they also receive this information.

Patient ID label

<p><b>Indication</b> – it works by controlling the irregular beating of your heart and helps it return to normal.</p>		<p><b>Dose and frequency</b> – provide information about the loading dose if/as appropriate, explain why we are loading and that on treatment discontinuation amiodarone stays in the body for up to 3 months.</p>	
<p>Do not take if allergic to <i>iodine</i>. Discuss with your pharmacist or doctor if you are intolerant to <i>lactose</i>.</p>		<p><b>Duration of treatment.</b></p>	
<p>Importance of <b>compliance</b> and what to do if you take more amiodarone than you should or forget to take it – refer to patient information leaflet and report as/if appropriate to GP or out of hour service. Symptoms of amiodarone <b>overdose</b>: dizziness, fainting, feeling tired and confused, slow heartbeat, nausea and vomiting.</p>		<p><b>Do not</b> stop taking amiodarone until your doctor tells you to do so. <b>Do not</b> drive if you experience any blurred vision after taking amiodarone.</p>	
<p>Possible <b>interactions</b> with other medications including herbal remedies – advise patient to discuss with pharmacist or GP before taking any OTC remedies.</p>		<p><b>Food interactions</b> – do NOT drink grapefruit juice (increases the chances of getting side effects), and limit the amount of alcohol (increases the chances of liver problems).</p>	
<p><b>Monitoring</b> required before and while on amiodarone:</p> <ul style="list-style-type: none"> <li>• Yearly eye test</li> <li>• Regular blood tests including liver function</li> <li>• Regular thyroid tests</li> <li>• ECG</li> <li>• Chest X-rays</li> </ul> <p>If you develop a new or progressive cough you should see the GP to rule out pneumonitis.</p>		<p>Possible <b>side effects</b>:</p> <p><u>Eyes</u> – blurred or colourless vision, loss of eyesight, painful, sore and tender eyes; corneal micro-deposits which can lead to being dazzled by bright headlights if driving at night (these are reversible on withdrawal).</p> <p><u>Thyroid</u> – sign of hyperthyroidism (increased sweating, restless, weight loss) or hypothyroidism (run-down, tiredness, weight gain).</p> <p><u>Heart</u> – palpitations (report to 999).</p> <p><u>Lungs</u> – chest tightness, difficulty of breathing, fever, flu like symptoms, persistent cough.</p> <p><u>GI</u> – change in taste, feel tired of sick, yellowing of the skin or eyes, stomach pain and discomfort.</p> <p><u>Skin</u> – blister or peeling of the skin around the eyes, lips, mouth, nose and genitals.</p>	
<p>Advise to <b>seek urgent medical attention</b> if feeling numb or weak, tingling or burning feelings in any part of your body.</p>		<p>Advise patient to seek medical advice if planning to become <b>pregnant</b> or <b>breastfeed</b>.</p>	
<p><b>Additional information:</b> Keep out of direct sunlight while taking this medicine and for a few months after you have finished taking it. This is because the skin will become much more sensitive to the sun and may burn, tingle or severely blister. Advise to always use high factor sunscreen and wear a hat and clothes that cover head, arms and legs.</p>		<p><b>Inform other healthcare professionals</b> where necessary that you are on amiodarone or have recently stopped it.</p>	
<p>Provide patient with <b>patient information leaflet</b></p>		<p><b>Completed by</b> Name:  Designation: <span style="float: right;">Date:</span></p>	

Counselling checklist to be used by pharmacists, technicians and nursing staff. Please complete, sign, date and file in medical notes.