

Atrial Fibrillation Medications That Slow the Heart Rate

Atrial fibrillation, or AFib, is the most common heart rhythm problem (arrhythmia). **Medications, along with lifestyle changes, play a vital role in managing AFib.**



Medications can:



Keep the heart from beating too fast
(rate control medications)

and/or



Get the heart back to a normal rhythm and help keep it there
(rhythm control medications)

and



Help prevent a stroke, which is more common with AFib (anticoagulants or blood thinners)

Rate control medications are often used to treat AFib

Examples include:

- Beta blockers (like metoprolol or carvedilol)
- Calcium channel blockers (like diltiazem or verapamil)
- Digoxin, in some cases

These medications also are used to treat other heart conditions.

Sometimes, these drugs aren't enough to control AFib.

In some cases, taking both a rate and rhythm control medicine might be needed.

Rate control medications slow the speed of the heart's beats. They've been around for a long time and are generally safe.

Things to keep in mind

Talk about common side effects:



Drop in blood pressure



Tiredness, low energy



Dizziness

Finding the right medicine and dose (amount) often takes some time, so stick with it.

Make a plan to monitor your heart rate and ask what your rate should be.

Ask questions and always share concerns with your care team.

visit **CardioSmart.org/AFib** to learn more.

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