

Amiodarone Advice

This factsheet is intended to help those affected by atrial fibrillation understand the medication amiodarone, with a brief introduction to how it works, dosing and side effects.

Amiodarone is a medication that helps in the management of heart rhythm abnormalities. It is a very effective medication but can produce side effects which your doctor will need to monitor. Amiodarone is used to help keep the heart in its normal (sinus) rhythm. It is also used when the heart has changed its rhythm (arrhythmia) in order to help it return to normal rhythm.

Side Effects

Although generally well tolerated amiodarone does have side effects that can affect different parts of our body. Amiodarone contains iodine, so should not be taken by anyone who is allergic to iodine or by pregnant women. Amiodarone can be affected by grapefruit, so avoid having grapefruit or grapefruit juice.

Skin

When taking amiodarone, the skin can take on a greyish/blue tinge. This will settle on stopping amiodarone but can take a long time.

While taking amiodarone, you may become more sensitive to sunburn. Using sunblock of SPF 30 or higher (ideally SPF 50) and hats appears to prevent this side effect. Because amiodarone remains in the body for a long time it may be necessary to continue using sun block for a few months after stopping the medication.

Thyroid Gland

The thyroid gland produces a hormone which controls the body's metabolism. Amiodarone can affect this gland making it both over active (this occurs in about 2% of people taking amiodarone) or under active (this occurs in about 6% of people taking amiodarone). Your doctor will take regular blood tests to check if either of these has developed. An overactive thyroid can cause a range of symptoms, including anxiety, tiredness, dry skin, thinning hair, swelling of the neck, and weight loss.

An underactive thyroid can lead to weight gain, tiredness, dry skin and swelling in the neck. If you experience any of these symptoms, contact your doctor.

You will have a blood test every 6 months to check the levels of thyroid hormones and your amiodarone dose may be adjusted if necessary.

