

Nimodipine

Nimodipine is a blood pressure medicine which blocks calcium channels in the brain. In this way, it works similarly to many effective treatments for mania and mood cycling, and has been studied in those conditions although it is not FDA-approved for mood disorders.

Side Effects and Warnings

Dizziness, stomach upset, rare swelling (edema). Nimodipine can lower blood pressure, which may lead to unexpected fainting. Nimodipine should not be taken by people with heart disease without the approval of their cardiologist or primary care physician.

Dosing

Do not take within 1 hour of eating (or the absorption of the medication will not be as good). Nimodipine should be taken 2-3 times per day.

Drug Interactions

Grapefruit juice will raise levels of Nimodipine. Nimodipine levels can be lowered 30-50% if taken with food.

–Updated 7/27/2012 by Chris Aiken, MD