

Heart Failure Drugs

Why take them

How to take them



Always stick to your medication plan unless you are instructed otherwise by your health care provider.

Following your prescribed medication plan can:

- ♥ Help you live longer
- ♥ Help you breathe easier
- ♥ Give you more energy, let's you increase your activity level
- ♥ Help with swelling
- ♥ Less time you are in hospital

Reviewed by 1/3/14

HL(5)

Diuretics (water pills)

What is this drug?

Diuretics, or water pills, help get rid of extra fluid from your body by helping your kidneys make more pee. These pills are used to help leg swelling and stop fluid going in your lungs. They can also be used to lower blood pressure.

Names: Furosemide (Lasix), Bumetanide (Bumex), Hydrochlorothiazide (HCTZ)

What side effects could happen?



Feeling Dizzy or Lightheaded



Leg Cramps



Constipation or Diarrhea

What else should I know?



You may get sunburned more easily.
Use sunscreen and wear protective



Your doctor may give you
potassium supplements while
taking this drug

Angiotensin Converting Enzyme (ACE)

What is this drug?

Angiotensin Converting Enzyme (ACE) Inhibitors help your blood vessels relax by lowering a protein that causes your blood vessels to tighten up. This will then lower your blood pressure and the amount of work your heart has to do. This can stop an increase in the size of your heart.

Names: Lisinopril (Prinivil), Enalapril (Vasotec), Captopril (Capoten)

What side effects could happen?



Feeling Dizzy or Lightheaded



Dry Cough



Feeling tired or weak

What else should I know?



ACE Inhibitors may raise the amount of potassium in your body.



In rare cases, swelling of the face, lips, or throat can happen. Call your doctor at once if this happens.

Angiotensin II Receptor Blockers (ARB)

What is this drug?

Angiotensin II Receptor Blockers (ARBs) work by blocking a chemical in your body that causes your blood vessels to tighten up. This will then lower your blood pressure. By lowering the work your heart has to do, it can stop an increase in size of your heart.

Names: Losartan (Cozaar), Valsartan (Diovan), Candesartan (Atacand), Olmesartan (Benicar)

What side effects could happen?



Feeling Dizzy or Lightheaded



Headache



Diarrhea

What else should I know?



ARBs may increase the amount of potassium in your body. Do not take any potassium supplements unless instructed by a healthcare professional.

Digoxin (Lanoxin)

What is this drug?

Digoxin works by making your heart beat stronger and more normal. It can help slow down your heart rate.

What side effects could happen?



Loss of appetite



Yellow tint to eyesight



Feeling tired or weak

What else should I know?



Take this pill each day. Do not stop unless told by a doctor.



Follow the label with care. Do not take more or less of it or take it more often than what your doctor says.



Call your doctor if you have changes in your eyesight, throwing up, diarrhea, confusion, loss of hunger, or problem breathing.

Vasodilators

What is this drug?

Vasodilators work by opening up your blood vessels. When blood vessels open up, it helps lower your blood pressure and makes it easier for your heart to work.

Names: Hydralazine, Isosorbide Dinitrate, Nitroglycerin

What side effects could happen?



Feeling Dizzy or Lightheaded



Headache



Upset stomach

What else should I know?



Do not take pills used for erectile dysfunction, such as Viagra, Cialis, or Levitra.



Call your doctor if you feel nerve pain in your hands or feet, an abnormal heart rhythm, or chest pain.

Beta Blockers

What is this drug?

These drugs block your heart's response to chemicals that cause your heart to work harder. Taking these pills will help lower your blood pressure, slow the heart rate (pulse). This can lessen the size of a stretched out heart, and help your heart work better. Sometimes it is given to stop a fast heart rate.

Names: Metoprolol (Toprol XL), Carvedilol (Coreg), Atenolol (Tenormin)

What side effects could happen?



Feeling Dizzy or Lightheaded



Cold hands or



Feeling tired or weak

What else should I know?



You may notice a lower heart rate or pulse.



Do not stop using this medicine suddenly. Your doctor will need to slowly lower your dose before you stop it.



Take this drug with food.

Aldosterone Blockers

What is this drug?

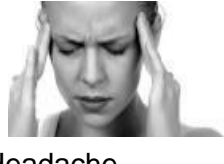
Aldosterone blockers work by blocking the effects of a hormone called aldosterone. It can stop fluid buildup in your body and can also lower your blood pressure. By taking this pill, you can help your kidneys get rid of unneeded water and salt in your body. It can stop the heart failure from getting worse.

Names: Spironolactone (Aldactone), Eplerenone (Inspra)

What side effects could happen?



Feeling Dizzy or Lightheaded



Headache



Feeling tired or weak

What else should I know?



May raise potassium in your body

Do not take any potassium pills unless told to



In some cases, enlarged or painful breasts can happen in both men and women

Cholesterol drugs

What is this drug?

This drug lowers the amount of fatty matter (“bad cholesterol”) in your blood and raises the amount of “good cholesterol” in your blood. This stops the cholesterol from forming layers of fat that coat an artery wall. This fat layer can cause a heart attack or a stroke.

Names: Simvastatin, Atorvastatin (Lipitor), Ezetimibe (Zetia), Gemfibrozil (Lipid), Crestor (Rosuvastatin)

What side effects could happen?



Headache



Upset stomach



Constipation or Diarrhea

What else should I know?



These pills interact with many over the counter and herbal drugs. Talk to your doctor or pharmacist before taking any.



If you have a rare side effect of muscle pain, tenderness, lack of strength, or have decreased or darkening pee, call your doctor right away.