



How to Take Your Heart Failure Medicines

These medications have been shown to decrease the progression of heart failure and/or reduce hospitalization rates. They are an important component of your heart failure management. Please learn the names of each of these medications and your daily regimen. **Note: Please refer to your Discharge Medication List for the complete list of all your prescribed medications.**

Medication Class and Names	How it Works	Symptoms to Report or Monitor	Your Medication and Regimen
ACE Inhibitor or Angiotensin Receptor Blocker (ARB) <i>(Captopril, Lisinopril, Enalapril, Losartan, Valsartan)</i>	Relaxes your blood vessels, reduces strain on the heart and makes it easier for the heart to pump blood to the rest of your body	<ul style="list-style-type: none"> • Dizziness, headache • Low blood pressure • Dry hacking cough (with ACE inhibitors) • Monitor potassium and kidney function 	
Sacubitril/Valsartan <i>(Entresto 24/26 mg, 49/51 mg, 97/103 mg)</i>	Combination drug that relaxes your blood vessels and reduces strain on the heart; CANNOT be taken with an ACE inhibitor	<ul style="list-style-type: none"> • Dizziness • Low blood pressure • Lip tingling, lip swelling, facial swelling, hoarseness 	
Aldosterone Antagonist <i>(Spironolactone, Eplerenone, Aldactone, Inspra)</i>	Interrupts the cycle of heart failure; Blocks a hormone that places stress on the heart	<ul style="list-style-type: none"> • Dizziness, lightheadedness • Breast tenderness or swelling (Spironolactone) • Monitor potassium and kidney function 	
Beta Blocker <i>(Carvedilol, Metoprolol, Bisoprolol, Coreg, Toprol XL)</i>	Slows your heart rate and decreases the workload on your heart	<ul style="list-style-type: none"> • Dizziness, low blood pressure • Slow heart rate • Feeling tired or weak 	
Digoxin <i>(Lanoxin)</i>	Helps your heart pump more efficiently and slows the heart rate	<ul style="list-style-type: none"> • Report any loss of appetite, nausea or vomiting • Slow heart rate 	

continued

Medication Class and Names	How it Works	Symptoms to Report or Monitor	Your Medication and Regimen
Diuretic (Water Pill) <i>(Furosemide, Torsemide, Bumetanide, Lasix, Demadex, Bumex, Metolazone, Zaroxolyn)</i>	Helps the body remove excess fluid and relieves symptoms of heart failure (shortness of breath, leg swelling, night-time awakening due to shortness of breath)	<ul style="list-style-type: none"> • Expect frequent urination • Feeling thirsty, dry mouth • Dizziness or lightheadedness • Report increased gout pain • Monitor potassium and kidney function 	
Ivabradine <i>(Corlanor)</i>	Slows your heart rate and reduces the workload on your heart	<ul style="list-style-type: none"> • Change in vision; seeing spots or rings of light • Slow heart rate • Heart palpitations 	
Vasodilator—Hydralazine <i>(Hydralazine or Apresoline)</i>	Relaxes your blood vessels and makes it easier for the heart to pump blood to body organs	<ul style="list-style-type: none"> • Dizziness or lightheadedness • Low blood pressure • Headaches • Diarrhea or nausea • Skin rash (within 4 weeks of starting the medication) 	
Vasodilator—Nitrates <i>(Isosorbide Dinitrate, Imdur, Isosorbide Mononitrate, Isordil)</i>	Relaxes your blood vessels to decrease workload on the heart	<ul style="list-style-type: none"> • Headaches • Dizziness or lightheadedness • Nausea or lack of appetite 	

Visit www.hearttalk.org to view videos and other educational materials.

DO NOT start any new over-the-counter medications (e.g., ibuprofen, Aleve, Sudafed) without first speaking with your physician or pharmacist. Please also avoid using any herbal medications without first speaking to your physician or pharmacist.

This document includes only some of your medications. Please refer to your Discharge Medication List for the complete list of all medications that you have been prescribed.