

## What medicines am I taking for my heart function?

Type of medicine	ONE of each of these medicines				For some people	
	ARNI /ACEI / ARB	Beta Blocker	MRA	SGLT2 Inhibitor	Sinus Node Inhibitor	Diuretic (water pill)
<b>Common names</b>	<b>ARNI:</b> sacubitril + valsartan (Entresto™)  <b>ACEI:</b> ramipril, lisinopril, perindopril  <b>ARB:</b> candesartan, valsartan	bisoprolol  carvedilol  metoprolol	spironolactone  eplerenone	empagliflozin (Jardiance™)  dapagliflozin (Forxiga™)	ivabradine (Lancora™)	furosemide (Lasix™)
<b>How it works</b>	<b>Helps the heart work better and stops heart function from getting worse</b>					<b>Removes fluid</b>
	Opens up blood vessels to make it easier for your heart to pump blood to your body.	Blocks adrenaline and slows your heart rate so your heart does not have to work as hard.	Blocks stress hormones that make the heart stiff and can cause scarring.	Works in many ways to help lower stress on your heart.	Slows your heart rate, so your heart can relax and fill up more easily.	Gets rid of extra fluid and lowers swelling by making you pass more urine (pee more).
<b>How do these medicines help me?</b>						
<b>Feel better</b>	✓	✓	✓	✓	✓	✓
<b>Live longer</b>	✓	✓	✓	✓		
<b>Fewer hospital visits</b>	✓	✓	✓	✓	✓	✓

What do I need to watch out for?						
	*ARNI/ACEI/ ARB	Beta Blocker	*MRA	*SGLT2 Inhibitor	Sinus Node Inhibitor	*Diuretic
Kidney function (blood work)	✓		✓	✓		✓
Potassium (blood work)	✓ risk of high potassium		✓ risk of high potassium			✓ risk of low potassium
Symptoms of low blood pressure	✓	✓				✓
Symptoms of low heart rate		✓			✓	
Other side effects	<p><u>ACEI</u>: May cause a dry cough (2 in 10 people), which is reversible.</p> <p>Swelling of the tongue, lips, and throat (very rare). Stop the medicine and get help right away.</p>	<p>You may feel tired (low energy) when you first start this medicine.</p> <p>This will get better as your body gets used to the medicine.</p>	<p>Spironolactone: Your breasts may get larger, and/ or they feel tender, especially in males (1 in 10 people).</p>	<p>Genital yeast infection (less than 1 in 10 people).</p> <p>You can prevent this by keeping yourself clean.</p>	<p>Vision changes such as halos around bright lights that go away over time (1 in 50 people).</p>	<p>Dehydration (thirsty, dry mouth).</p> <p>Sun sensitivity (wear sunscreen).</p> <p>Gout</p>
Tips for taking each medicine		<p><b>Do not</b> stop this medicine suddenly unless your healthcare provider tells you to. Your heart may race if you stop it suddenly</p>		<p>This medicine is also used to treat diabetes. Your other diabetes medicines may need to be adjusted when you take this medicine.</p>	<p>Take this medicine with food.</p>	<p>Take the medicine earlier in the day, before 2 p.m. This lowers your chance of having to get up and pee overnight.</p>
General tips	<ul style="list-style-type: none"> <li>• Low blood pressure: You may feel lightheaded, faint, or nearly faint, especially when you stand or sit up suddenly.</li> <li>• Low heart rate: You may feel tired, lightheaded, or faint or nearly fainting.</li> <li>• If you are vomiting, have diarrhea, or are dehydrated: You may need to stop taking some (* above) of these medicines for a short time (see sick day management sheet).</li> <li>• Talk to your healthcare provider about your medicines when you have any questions or concerns.</li> </ul>					