



PATIENTS TAKING ACE INHIBITORS AT HOME

Patient Information

ACE inhibitors are used to treat high blood pressure. Also, they are effective in the management of heart failure and diabetic nephropathy (protein in the urine). In addition, some are used after a heart attack to prevent future heart attacks. ACE inhibitors may be used for other conditions, too.

Know when to call your doctor:

Check your blood pressure frequently. Notify your doctor of any significant changes.

Tell your doctor, nurse, and pharmacist if you:

- Are pregnant or plan to become pregnant or are breast feeding.
- Are taking any potassium supplements. ACE inhibitors may raise the potassium level in your blood. Therefore, blood levels of potassium may be obtained to see if any potassium supplements are necessary.

Side Effects:

- Chronic dry cough (0.5 – 12 %).
- Dizziness, faintness, light headedness

Drug Interactions:

- Antacids – separate the use of ACE inhibitors and antacids by 2 hours
- Digoxin (Lanoxin) – ACE inhibitors may raise blood digoxin levels. Let your doctor know if you are taking digoxin when you are started on an ACE inhibitor.

Minimize adverse reactions:

- Remember to change your positions slowly (especially from a lying to a standing position) and dangle your legs over the bedside for a few minutes before standing to decrease dizziness. Lay down or sit down immediately if dizziness or faintness occurs.

- Sensitivity to the sun may occur while taking an ACE inhibitor. Therefore, take protective measures against exposure to the sunlight if you are on an ACE inhibitor (sunscreen, protective clothing).
- If you miss a dose of this medicine, take it as soon as possible. However, do not take two doses the next day if you missed a dose.

Other important instructions:

- Report to your doctor immediately if you have any breathing difficulty, hoarseness, or swelling of the eyes, lips, face, tongue, or throat.

Please feel free to ask your doctor, nurse, or pharmacist if you do not understand these instructions or want more information.

Do not give any of this medicine to others, for it may hurt them.

Do not leave this medicine where children can reach it.

Examples of ACE Inhibitors:

- Benazepril (Lotensin)
- Captopril (Capoten)
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)