



Patient & Family Guide
2017

ACE Inhibitors



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ACE Inhibitors

Why do I need this medicine?

Angiotensin (AN-jee-oh-ten-sin) converting enzyme (ACE) inhibitors treat high blood pressure, certain heart conditions such as heart failure, and kidney disease.

Examples:

- › Enalapril (Vasotec®)
- › Captopril (SynCaptopril®, Capoten®)
- › Cilazapril (Inhibace®)
- › Lisinopril (Prinivil®, Zestril®)
- › Fosinopril (Monopril®)
- › Perindopril (Coversyl®)
- › Ramipril (Altace®)
- › Trandolapril (Mavik®)

My medicine is called: _____

Do not take this medicine if you are pregnant or think you might be pregnant.

How to store this medicine

- Store your medicine in a tightly closed container at room temperature (15-30 ° C), away from heat, moisture and direct light. Do not store it in the bathroom.
- Keep all medicine out of the reach of children and pets.

How to take this medicine

- Take this medicine exactly as directed. Even if you feel fine, your blood pressure can still be high.
- If you are taking captopril, you must take it on an empty stomach (one hour before a meal or two hours after a meal).

If you miss a dose:

- Take the missed dose as soon as you remember.
- Skip the missed dose if it is almost time for your next dose.
- Do not take two doses at the same time.

Medicines and foods to avoid

- Ask your doctor or pharmacist before taking any other medicines, including over-the-counter products.
- Your doctor or dietitian may suggest a low-salt diet.

Tell your doctor if you are taking any of these medicines:

- › Potassium-containing medicines (K-Lyte[®], Micro-K[®], Slow-K[®])
- › Diuretics or ‘water pills’ (Aldactone[®], Dyazide[®], Midamor[®])
- › Salt substitutes

Do not drink a lot of alcohol while taking these medicines. Too much alcohol can make your medicine not work as well .



Warnings

Check with your doctor before taking ACE inhibitors if you have:

- › Diabetes
 - › Kidney disease
 - › Liver disease
 - › Lupus
- Tell your doctor if you are pregnant or breastfeeding
 - Tell your doctor or dentist that you are taking an ACE inhibitor before having any kind of surgery
 - ACE inhibitors keep the body from losing potassium. Sometimes the amount of potassium in your blood can get too high, which can be dangerous. Your doctor may want to do tests to measure the potassium levels in your blood

What are your questions?

Please ask. We are here to help you.

Call your doctor right away or go to the Emergency Department if you have:

- › Irregular heartbeat
- › Chest pain that lasts longer than 15 minutes
- › Trouble breathing or swallowing
- › Hoarseness
- › Skin rash, very bad itching, or hives
- › Swelling in your face, mouth, hands or feet
- › Numbness or tingling in your hands or feet
- › Fever, chills, sore throat
- › Extreme (very bad) weakness
- › Yellowing in your skin or eyes

If you have any of these less serious side effects, talk to your doctor or pharmacist:

- › Cough (dry and continuing)
- › Headache
- › Dizziness, lightheadedness, fainting or tiredness
- › Nausea (feeling sick to your stomach)
- › Vomiting
- › Diarrhea or constipation
- › Funny (metallic) taste in your mouth

If you have other side effects that you think are caused by this medicine, tell your doctor.

Looking for more health information?

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Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

QV85-0613 Updated May 2017

The information in this pamphlet is to be updated every 3 years or as needed.