

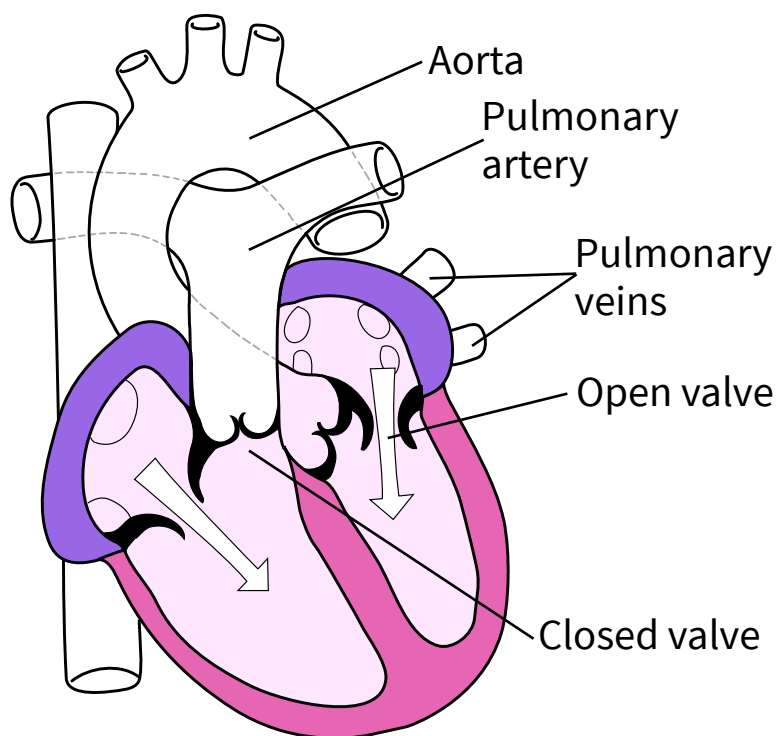
## Common Medications After a Heart Attack

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# Common Medications After a Heart Attack

- This pamphlet lists common medications you may be prescribed after having a heart attack.
- You may not be prescribed all the medications in this pamphlet.
- You may also be prescribed other medications that are not in this pamphlet.



## Tips for all medications

- Keep all your medications in their original bottles or containers. If you put your medications in a dosette (pill organizer), keep the original bottles or containers.
- Keep a list of all your medications in your wallet. This can help in an emergency.
- Stop or limit drinking alcohol. Any amount of alcohol can cause health risks for people of any age, gender, sex, ethnicity, alcohol tolerance, or lifestyle. If you do drink, try to drink less.
- Tell your primary health care provider (family doctor or nurse practitioner) and your dentist about all the medications you are taking before you have any surgeries or procedures.



### **How do I take my medications?**

- Take your medications at the same time each day.
- Take your medications exactly as told by your primary health care provider.

### **Where should I keep my medications?**

- Keep all medications out of the reach of children and pets.
- Keep your medications in tightly closed containers at room temperature (15 to 30 °C) away from heat, moisture, and direct light.
- **Do not keep them in the washroom.**

### **What if I miss a dose (amount)?**

- Take the missed dose as soon as you remember.
- If it is almost time for your next scheduled dose, skip the missed dose.
- **Do not take 2 doses at the same time.**

### **Medications to avoid**

- Ask your primary health care provider or your pharmacist before taking any other medications, including over-the-counter products, herbal products, supplements, or vitamins.

# Medications

## Antiplatelets

- Antiplatelets prevent molecules in the blood (called **platelets**) from sticking together and forming blood clots. Preventing blood clots from forming helps to prevent heart attacks and strokes.
  - › **Examples:** Acetylsalicylic acid (ASA), clopidogrel, prasugrel, ticagrelor

## Acetylsalicylic acid (ASA) (Aspirin®)

### Why do I need this medication?

- ASA is used to treat pain, fever, arthritis, and other types of inflammation (swelling). It also helps to prevent blood clots.
- You may need it if you have a cardiac stent (a small tube used to keep a blocked blood vessel open). ASA prevents blood clots from forming in the stent and lowers the risk of another heart attack.
- **Do not take this medication if:**
  - › You have had a true allergic reaction to ASA (like a skin rash, hives with very bad itching, or swelling in your face or eyelids). **A true allergic reaction is rare.** It means your immune system is activated (starts working) by the medication.
  - › You have an active stomach (belly) ulcer.

**Do not** give ASA to children or teens that have a fever, chickenpox, or symptoms of the flu or a viral infection. It can cause a serious disease called Reye's syndrome.

### How do I take this medication?

- **Enteric coated tablets:** Take it with a glass of water. Swallow the tablet whole. **Do not crush or chew it.**
- **Regular or chewable tablets:** Take it with a glass of water. Chewable tablets may be chewed or swallowed whole.

## Medications and foods to avoid

- **Do not** take over-the-counter medications that have ASA or salicylates (like Robaxisal® Extra Strength, Pepto Bismol®). **Taking these with ASA can cause an overdose.**
- **Do not** take ibuprofen (Advil®, Motrin®) or naproxen (Aleve®). Taking them with ASA can increase your risk of bleeding.
- Drinking alcohol while taking ASA can upset your stomach and increase bleeding. Limit alcohol while taking ASA.
- Tell your primary health care provider if you are taking a blood thinner, like:
  - › Warfarin
  - › A direct oral anticoagulant (DOAC) (apixaban, rivaroxaban, edoxaban, or dabigatran)
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- **Talk to your primary health care provider before taking ASA if you:**
  - › Are pregnant
  - › Are breastfeeding or chestfeeding
  - › Have asthma
  - › Have a history of stomach ulcers
- ASA may affect the results of some urine (pee) sugar tests. Tell your primary health care provider you are taking ASA before being tested.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- |   |                                    |
|---|------------------------------------|
| › Severe (very bad) stomach pain  | › Blood in your urine (pee)        |
| › Blood in your vomit (throw-up) or vomit that looks like coffee grounds            | › Itchy skin rash or hives         |
| › Blood in your bowel movements (poops) or black bowel movements that look like tar | › Swelling in your face or eyelids |
|   | › Wheezing or trouble breathing    |
|   | › Severe dizziness                 |
|   | › Severe drowsiness (tiredness)    |
|   | › Ringing in your ears             |

- If you have any of these less serious side effects, tell your primary health care provider or pharmacist:
  - › Upset stomach or heartburn
- If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.

## Clonidogrel (Plavix®)

### Why do I need this medication?

- Clonidogrel helps to prevent blood clots.
- You may need it if you have a cardiac stent (a small tube used to keep a blocked blood vessel open). Clonidogrel prevents blood clots from forming in the stent and lowers the risk of another heart attack.
- **Before using this medication, tell your doctor or your pharmacist if you have:**
  - › Bleeding problems (like a bleeding ulcer)
  - › Liver disease
  - › Recently had surgery
  - › Recently had trauma or an injury

### How do I take this medication?

- This medication comes as a tablet.
- Take this medication once a day. Take it at the same time each day.
- If it upsets your stomach, try taking it with food.
- If you have a stent, you may need to take clonidogrel for up to 12 months (1 year). Your cardiologist (heart doctor) will talk about this with you.

**If you have a stent, stopping clonidogrel too soon may raise your risk of another heart attack. Do not stop taking clonidogrel before talking to your cardiologist.**

### Medications and foods to avoid

- **Do not** take anti-inflammatory medication, like ibuprofen (Advil®, Motrin®) or naproxen (Aleve®).
- **Do not** take the diabetes medication repaglinide (GlucoNorm®).

- **Do not** take high dose (more than 81 mg) Aspirin®.
- **If you have a stent**, take 1 low dose (81 mg) Aspirin® a day while you are taking clopidogrel.
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- **Talk to your cardiologist before taking clopidogrel if you are:**
  - › Pregnant
  - › Breastfeeding or chestfeeding
- You may need to stop taking clopidogrel 5 to 7 days before having surgery or dental work. Talk to your primary health care provider or your dentist as soon as you have a surgery or procedure booked.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › Severe stomach pain
- › Severe bruises
- › A lot of bleeding from any cut or wound
- › Blood in your poop or poops that are black like tar
- › Blood in your urine (pee)
- › Blood in your vomit (throw-up) or vomit that looks like coffee grounds
- › Fever (temperature above 38 °C or 100.4 °F)
- › Jaundice (yellowing of your skin or eyes)
- › Severe skin rash. This is rare.

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Gas
  - › Nausea (upset stomach)
  - › Bloating
  - › Mild stomach pain
  - › Diarrhea (loose, watery poop)
  - › Mild skin rash
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**



## Ticagrelor (Brilinta®)

### Why do I need this medication?

- Ticagrelor helps to prevent blood clots.
- You may need it if you have a cardiac stent (a small tube used to keep a blocked blood vessel open). Ticagrelor prevents blood clots from forming in the stent and lowers the risk of another heart attack.
- **Before using this medication, tell your doctor or your pharmacist if you have:**
  - › Bleeding problems (like a bleeding ulcer)
  - › Liver disease
  - › Recently had surgery
  - › Recently had trauma or an injury
  - › Had bleeding in your brain in the past

### How do I take this medication?

- This medication comes as a tablet.
- Take this medication 2 times a day. Take it about 12 hours apart.
  - › For example, take it at 8 a.m. and 8 p.m. every day.
- **If you have a stent**, you may need to take ticagrelor for up to 12 months (1 year). Your cardiologist (heart doctor) will talk about this with you.

**If you have a stent, stopping ticagrelor too soon may raise your risk of another heart attack. Do not stop taking ticagrelor before talking to your cardiologist.**

### Medications and foods to avoid

- **Do not** take anti-inflammatory medication, like ibuprofen (Advil®, Motrin®) or naproxen (Aleve®).
- **Do not** take high dose (more than 81 mg) Aspirin®.
- **If you have a stent**, take 1 low dose (81 mg) Aspirin® a day while you are taking ticagrelor.
- **Do not** eat grapefruit or drink grapefruit juice. This can increase your risk of bleeding.

- **Tell your primary health care provider if you are taking:**
  - › Seizure medication (like phenytoin, carbamazepine, phenobarbital). These can lower the effect of ticagrelor.
  - › Antimicrobial medication (like ketoconazole, clarithromycin, ritonavir). These can affect how ticagrelor works.
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- **Talk to your cardiologist before taking ticagrelor if you are:**
  - › Pregnant
  - › Breastfeeding or chestfeeding
- **Do not** take ticagrelor if you have:
  - › Active bleeding
  - › A history of bleeding in your brain
- You may need to stop taking ticagrelor 5 days before having surgery or dental work. Talk to your primary health care provider or your dentist as soon as you have a surgery or procedure booked.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- |   |  |
|---|--|
| › New or sudden trouble breathing   | › Blood in your urine (pee)  |
| › Severe stomach pain   | › Blood in your vomit (throw-up) or vomit that looks like coffee grounds |
| › Severe bruises  | › Slow heartbeat   |
| › A lot of bleeding   |  |
| › Blood in your bowel movements (poops) or black bowel movements that look like tar |  |

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**

|                     |                                 |
|---------------------|---------------------------------|
| › Headache          | › Diarrhea (loose, watery poop) |
| › Dizziness         | › Nausea (upset stomach)        |
| › Mild stomach pain | › Vomiting (throwing up)        |
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## Prasugrel (Effient®)

### Why do I need this medication?

- Prasugrel helps to prevent blood clots.
- You may need it if you have a cardiac stent (a small tube used to keep a blocked blood vessel open). Prasugrel prevents blood clots from forming in the stent and lowers the risk of another heart attack.
- **Before using this medication, tell your doctor or your pharmacist if you have:**
  - › Bleeding problems (like a bleeding ulcer)
  - › Liver disease
  - › Recently had surgery
  - › Recently had trauma or an injury
  - › Had a stroke or a “mini-stroke” (a TIA or transient ischemic attack) in the past

### How do I take this medication?

- This medication comes as a tablet.
- Take this medication once a day. Take it at the same time each day.
- You can take this medication with or without food.
- **If you have a stent**, you may need to take prasugrel for up to 12 months (1 year). Your cardiologist (heart doctor) will talk about this with you.

**If you have a stent, stopping prasugrel too soon may raise your risk of another heart attack. Do not stop taking prasugrel before talking to your cardiologist.**

### Medications and foods to avoid

- **Do not** take anti-inflammatory medication, like ibuprofen (Advil®, Motrin®) or naproxen (Aleve®).
- **Do not** take high dose (more than 81 mg) Aspirin®.
- **If you have a stent**, take 1 low dose (81 mg) Aspirin® a day while you are taking prasugrel.
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- **Talk to your cardiologist before taking prasugrel if you are:**
  - › Pregnant
  - › Breastfeeding or chestfeeding
- **Do not** take prasugrel if you have:
  - › Active bleeding
  - › A history of a stroke or a “mini-stroke” (a TIA or transient ischemic attack)
- If you are 75 years old or older, prasugrel may not be right for you. Your cardiologist will talk with you about other options.
- You may need to stop taking prasugrel 7 days (1 week) before having surgery or dental work. Talk to your primary health care provider or your dentist as soon as you have a surgery or procedure booked.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- |   |  |
|---|--|
| › Severe stomach pain   | › Blood in your urine (pee)  |
| › Severe bruises  | › Blood in your vomit (throw-up) or vomit that looks like coffee grounds |
| › A lot of bleeding   | › Severe headache  |
| › Blood in your bowel movements (poops) or black bowel movements that look like tar | › Fast or pounding heartbeat   |

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Back pain
  - › Mild stomach pain
  - › Mild headache
  - › Nausea (upset stomach)
  - › Fatigue (tiredness)
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## Beta blockers

### Why do I need this medication?

- Beta blockers help your heart beat at a slower and more steady rate, so it does not have to work as hard.
- This medication can be used to treat high blood pressure and angina (chest pain), and to lower the risk of repeated heart attacks.
- Examples include medications ending with the letters “lol”, like:
  - › Metoprolol (Lopressor®, Betaloc®)
  - › Atenolol (Tenormin®)
  - › Carvedilol (Coreg®)
  - › Acebutolol (Sectral®)
  - › Bisoprolol
  - › Nadolol (Corgard®)
- **My medication:** \_\_\_\_\_

### How do I take this medication?

- These medications comes as tablets.
- Take this medication exactly as told by your health care provider, even if you feel OK.
- Take it at the same time(s) each day.
- Most beta blockers can be taken with or without food.
  - › **If you are taking carvedilol (Coreg®),** take it with food.

### Medications and foods to avoid

- Tell your primary health care provider (family doctor or nurse practitioner) and your pharmacist about all the medications you take so they can check for interactions. This includes over-the-counter products, creams, herbal products, vitamins, and supplements.
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

### Warnings

- **Talk to your primary health care provider before taking a beta blocker if you have:**
  - › Emphysema
  - › Asthma
  - › Bronchitis
  - › Heart block
  - › Severe (very bad) peripheral vascular disease
  - › A thyroid disorder
  - › Raynaud’s disease
  - › Diabetes

- **Do not stop taking your beta blocker suddenly. You may need to lower doses (amounts) over time before stopping it fully.**

- **This medication may:**
  - › Change your blood sugar level.
  - › Cover up the symptoms of very low blood sugar (hypoglycemia).
- **If you have diabetes, you may need to check your blood sugar levels more often.**
- **Tell your primary health care provider if you have any changes in your blood sugar levels.**

- This medication may make you feel lightheaded (dizzy or like you may faint).
- You may be more sensitive to cold temperatures while you are taking this medication.

**Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › A slow or irregular heartbeat
- › Chest pain that lasts longer than 15 minutes
- › Wheezing or trouble breathing
- › Fainting
- › Severe (very bad) dizziness
- › Swelling in your legs or ankles

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Dizziness
  - › Drowsiness
  - › Weakness
  - › Trouble sleeping
  - › Strange dreams or nightmares
  - › Feeling depressed
  - › Exercise intolerance (too tired or short of breath to exercise as you normally would)
  - › Trouble having sex (erectile dysfunction)
  - › Cold hands and feet
  - › Numbness in your fingers or toes
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## ACE inhibitors

### Why do I need this medication?

- Angiotensin (AN-jee-oh-ten-sin) converting enzyme (ACE) inhibitors can be used to:
  - › Treat high blood pressure
  - › Treat heart failure (weak heart)
  - › Lower the risk of repeated heart attacks
  - › Protect the kidneys, if you have diabetes or chronic kidney disease (CKD)
- Examples include medications ending with the letters “pril”, like:
  - › Enalapril (Vasotec®)
  - › Fosinopril (Monopril®)
  - › Captopril (Capoten®)
  - › Perindopril (Coversyl®)
  - › Cilazapril (Inhibace®)
  - › Ramipril (Altace®)
  - › Lisinopril (Prinivil®, Zestril®)
  - › Trandolapril (Mavik®)
- **My medication:** \_\_\_\_\_

### How do I take this medication?

- These medications come as tablets or capsules.
- Take this medication exactly as told, even if you feel fine.
- **If you are taking captopril**, you must take it on an empty stomach (1 hour before a meal, or 2 hours after a meal).

### Medications and foods to avoid

- Tell your primary health care provider (family doctor or nurse practitioner) if you are taking any of these medications:
  - › Medications that have potassium (like K-Lyte®, Micro-K®, Slow-K®, K-DUR®)
  - › Potassium-sparing diuretics (sometimes called water pills) (like spironolactone [Aldactone®], triamterene [Dyazide®], amiloride [Midamor®], eplerenone [Inspra®])
  - › Salt substitutes
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- Talk to your primary health care provider before taking an ACE inhibitor if you have:
  - › Kidney disease
  - › Liver disease
- **Do not** take this medication if you are:
  - › Pregnant or think you might be pregnant
  - › Breastfeeding or chestfeeding
  - › Sick with vomiting (throwing up) or diarrhea (loose, watery poop), or are not able to eat or drink. This increases your risk of dehydration (not having enough fluids) and kidney problems. Start taking this medication again when you are no longer sick.
- Tell your health care provider that you are taking an ACE inhibitor before you have surgery or get contrast dye for a test. You may be asked to not take this medication until after your surgery or test.
- ACE inhibitors keep your body from losing potassium. It can be dangerous if the amount of potassium in your blood gets too high. Your health care provider may want to do blood work to measure your potassium levels.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › Very low blood pressure or fainting
  - › A slow or irregular heartbeat
  - › Trouble breathing or swallowing
  - › A skin rash, very bad itching, or hives
  - › Swelling of your face or mouth
  - › Numbness or tingling in your hands or feet
  - › Extreme (very bad) weakness
  - › Jaundice (yellowing of your skin or eyes)
- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Dry cough that does not go away (this can happen weeks to months after starting this medication)
  - › Headache
  - › Dizziness or lightheadedness
  - › Tiredness
  - › Nausea (upset stomach)
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**



## Angiotensin II (2) Receptor Blockers (ARBs)

### Why do I need this medication?

- Angiotensin II receptor blockers (ARBs) can be used to treat high blood pressure and heart failure (weak heart), and to lower the risk of repeated heart attacks.
- They can also be used to protect the kidneys, if you have diabetes or chronic kidney disease (CKD).
- Examples include medications ending with the letters “sartan”, like:
  - › Azilsartan (Edarbi®)
  - › Olmesartan (Benicar®)
  - › Candesartan (Atacand®)
  - › Telmisartan (Micardis®)
  - › Irbesartan (Avapro®)
  - › Valsartan (Diovan®)
  - › Losartan (Cozaar®)
- **My medication:** \_\_\_\_\_

### How do I take this medication?

- These medications come as tablets.
- You can take these medications with or without food.
- **If you are taking losartan:**
  - › Take it at the same time each day.
  - › If you take it with food, always take it with food.
  - › If you do not take it with food, never take it with food.

### Medications and foods to avoid

- Tell your primary health care provider (family doctor or nurse practitioner) if you are taking any of these medications:
  - › Medications that have potassium (like K-Lyte®, Micro-K®, Slow-K®, K-DUR®)
  - › Potassium-sparing diuretics (sometimes called water pills) (like spironolactone [Aldactone®], triamterene [Dyazide®], amiloride [Midamor®], eplerenone [Inspra®])
  - › Salt substitutes
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- Talk to your primary health care provider before taking an ACE inhibitor if you have:
  - › Kidney disease
  - › Liver disease
- **Do not** take this medication if you are:
  - › Pregnant or think you might be pregnant
  - › Breastfeeding or chestfeeding
  - › Sick with vomiting (throwing up) or diarrhea (loose, watery poop), or not able to eat or drink. This increases your risk of dehydration (not having enough fluids) and kidney problems. Start taking this medication again when you are no longer sick.
- Tell your health care provider that you are taking an ARB before you get contrast dye for any surgery or test. You may be asked to not take this medication until after your surgery or test.
- ARBs keep your body from losing potassium. It can be dangerous if the amount of potassium in your blood gets too high. Your health care provider may want to do blood work to measure your potassium levels.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- |   |  |
|---|--|
| › Very low blood pressure or fainting     | › Swelling of your face or mouth             |
| › A slow or irregular heartbeat           | › Numbness or tingling in your hands or feet |
| › Trouble breathing or swallowing         | › Severe (very bad) weakness                 |
| › A skin rash, very bad itching, or hives | › Jaundice (yellowing of your skin or eyes)  |

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Headache
  - › Chest or sinus infection
  - › Dizziness or lightheadedness
  - › Diarrhea
  - › Tiredness
  - › Back pain
  - › Nausea (upset stomach)
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

# Statins

## Why do I need this medication?

- This medication helps to lower high cholesterol and triglyceride levels, and to lower the risk of repeated heart attacks.
- Examples include:
  - › Atorvastatin (Lipitor®)
  - › Fluvastatin (Lescol®)
  - › Lovastatin (Altoprev®)
  - › Pravastatin (Pravachol®)
  - › Rosuvastatin (Crestor®)
  - › Simvastatin (Zocor®)
- **My medication:** \_\_\_\_\_

## How do I take this medication?

- These medications come as tablets.
- You can take these medications with or without food.
- **If you are taking fluvastatin, lovastatin, or simvastatin**, take it at night. This can help it to work better.

## Medications and foods to avoid

- Talk to your primary health care provider (family doctor or nurse practitioner) or your pharmacist before taking any other medications, including over-the-counter products.
- Talk to your primary health care provider before taking:
  - › Gemfibrozil (Lopid®)
  - › Cyclosporine
  - › Erythromycin
  - › Warfarin
  - › Clarithromycin
  - › Niacin
- **If you are taking atorvastatin, lovastatin, or simvastatin, do not** eat grapefruit or drink grapefruit juice. Grapefruit can increase the side effects from these medications.
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- Talk to your primary health care provider before taking a statin if you have:
  - › Liver disease
  - › Kidney disease
  - › A muscle disorder (like myasthenia gravis)
- **Do not** take this medication if you are:
  - › Pregnant or think you might be pregnant
  - › Breastfeeding or chestfeeding

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › A skin rash
  - › Hives
  - › Bad muscle pain that you cannot explain
  - › Weakness
  - › Jaundice (yellowing of your skin or eyes)
  - › Blurred vision
- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
    - › Mild muscle pain or weakness that you cannot explain
    - › Nausea (upset stomach)
    - › Constipation (not able to poop)
    - › Diarrhea (loose, watery poop)
    - › Headache
  - **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## Ezetimibe (Ezetrol®)

### Why do I need this medication?

- This medication helps to lower high cholesterol and triglyceride levels, and to lower the risk of repeated heart attacks.

### How do I take this medication?

- This medication comes as a tablet.
- Take this medication once a day.
- You can take this medication with or without food.

### Medications and foods to avoid

- Tell your primary health care provider (family doctor or nurse practitioner) or your pharmacist before starting any new medications. This includes over-the-counter products, herbal products, vitamins, and supplements.
- Some medications may affect how ezetimibe works. Tell your primary health care provider if you are taking:
  - › Cyclosporine
  - › A statin medication (like rosuvastatin, atorvastatin, lovastatin, simvastatin, or pravastatin)
  - › A fibrate medication (like fenofibrate, gemfibrozil, bezafibrate)
  - › Any other medication to treat high cholesterol levels

### Warnings

- **Talk to your primary health care provider before taking ezetimibe if you:**
  - › Are pregnant or planning to become pregnant
  - › Are breastfeeding or chestfeeding
  - › Have liver disease

**Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- |   |   |
|---|---|
| › A skin rash                             | › Weakness                                  |
| › Hives                                   | › Jaundice (yellowing of your skin or eyes) |
| › Bad muscle pain that you cannot explain |   |

- If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:
  - › Mild muscle pain or weakness that you cannot explain
  - › Nausea (upset stomach)
  - › Chest or sinus infection
  - › Joint pain
  - › Headache
- If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.

## Nitrates: nitroglycerin patch

### Why do I need this medication?

- Nitroglycerin (nitro) belongs to a group of medications called **nitrates**.
- It is used to treat and prevent **angina** (chest pain). It relaxes and opens the blood vessels (tubes that carry blood through your body) to help blood flow to your heart.
- Brand names include:
  - › Nitro-Dur®
  - › Minitran™
  - › Trinipatch®
- **My medication:** \_\_\_\_\_

### How do I take this medication?

- Put the patch on a clean, dry, hairless area of your body. It is usually best to put it on your upper chest.
- Leave it on for 12 to 14 hours a day. For example, put it on at 8 a.m. and take it off at 8 p.m.
- **Do not** wear the patch for 10 to 12 hours a day, unless told otherwise by your primary health care provider (family doctor or nurse practitioner) or your cardiologist (heart doctor). Not wearing the patch for part of each day lowers your risk of becoming tolerant to it and the patch not working as well.

### Notes:

- There may be a foil or plastic backing on the sticky side of the patch. Take this backing off. **Do not** touch the sticky side with your fingers
- **Do not** cut or trim patches.
- If you need to remove an area of hair, cut it. **Do not** shave it.

- Wash your hands after handling the patch.
- If the 1<sup>st</sup> patch falls off, put on a new one.
- Put each new patch on a different area of your skin.
- If you have also been prescribed nitro spray or tablets for under your tongue for chest pain, you can still use these while you are wearing the patch.
- **If you miss a dose:**
  - › Put on the missed patch as soon as you can.
  - › If it is almost time to put on your next patch, skip the missed one.
- **Do not use 2 patches at the same time**, unless your primary health care provider says it is OK.
- Before throwing the patch away, fold it with the sticky side in, so it stays closed. **Be careful about where you throw away used patches.** There is still enough of the medication in the patch to be dangerous to children and pets.

### Medications and foods to avoid

- **Do not** drink alcohol while using the patch. This may cause more side effects.
- **Do not** take these medications while using the patch:
 

|                        |                                  |
|------------------------|----------------------------------|
| › Sildenafil (Viagra®) | › Vardenafil (Levitra®, Staxyn™) |
| › Tadalafil (Cialis®)  | › Riociguat (Adempas®)           |



### Warnings

- **Talk to your primary health care provider before using nitro patches if you have:**

|  |                  |
|--|------------------|
| › Severe (very bad) anemia<br>(low hemoglobin) | › Liver disease  |
|  | › Kidney disease |
- This medication can make you dizzy. Get up slowly when you go from sitting to standing, or from lying down to sitting up.
- **Do not** stop using nitro patches without talking to your primary health care provider first.
- You may have headaches often when you first start using this medication. These usually go away within 7 days (1 week).
- **Do not change the dose (amount) of your nitro patches to avoid getting headaches without talking to your primary health care provider first.** Ask your primary health care provider if an over-the-counter pain medication like acetaminophen (Tylenol®) might help.

**Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › Blurred vision
- › Fainting or feeling very weak
- › Trouble breathing
- › Very low blood pressure

- **If you have any of these less serious side effects, tell your primary health care provider or pharmacist:**
  - › Flushing (face feels warm and turns red or darker in colour)
  - › Headache
  - › Fast heartbeat
  - › Nausea (upset stomach)
  - › Dizziness
  - › Skin irritation (like a rash)
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## **Nitrates: nitroglycerin spray**

### **Why do I need this medication?**

- Nitroglycerin (nitro) belongs to a group of medications called **nitrates**.
- Nitroglycerin (nitro) spray is used to treat **angina** (chest pain). It opens the blood vessels (tubes that carry blood through your body) for a short time. This lets more blood and oxygen flow to your heart.
- Brand name:
  - › Nitrolingual® Pumpspray

### **How do I take this medication?**

- Use your nitro spray when you are having chest pain or discomfort.
  - › **At the first sign of chest pain or discomfort, stop what you are doing.**
  - › Sit or lie down to rest.
  - › While you are still resting, use your nitro spray.



### How to use nitro spray:

1. Hold the container upright (straight up and down). Take off the cover.  
**Do not** shake the container.
2. Place your finger on the grooved button.
3. Spray into the air until you see a mist (about 5 times).
4. Open your mouth. Bring the container as close to your mouth as you can.
5. Press the button firmly to release 1 spray under or onto your tongue.  
**Do not** breathe in the spray.
6. Let the button go. Put the cover back on.
7. Relax and wait 5 minutes.
8. If you still have chest pain or discomfort, take a 2<sup>nd</sup> spray, **and call 911.**
9. Wait another 5 minutes.
10. If you still have chest pain or discomfort, take a 3<sup>rd</sup> spray.

**Always call 911 right away if your chest pain or discomfort does not get better after using nitro spray. Do not drive yourself to the Emergency Department.**

- **Do not take more than 3 doses at once.**
- **Always carry your nitro spray with you.**

### **Do not use nitro spray if you have taken:**

- › Sildenafil (Viagra®) or vardenafil (Levitra®) within the last 24 hours (1 day).
  - › Tadalafil (Cialis®) within the last 48 hours (2 days).
  - **Taking nitro spray with these medications may cause a severe (very bad) drop in your blood pressure. This can be dangerous.**
- After using this medication, you may feel dizzy or lightheaded when you sit up or stand up. To help with this, try getting up slowly from a lying or sitting position.

### **Important:**

- Check the expiry date on the container. Replace your medication **before** the expiry date.

## Warnings

- **Talk to your primary health care provider (family doctor or nurse practitioner) before using nitro spray if you are:**
  - › Pregnant
  - › Breastfeeding or chestfeeding
- Tell your primary health care provider if you are using your nitro spray more often than usual.

### **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › Blurred vision
- › Fainting or feeling very weak
- › Trouble breathing

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Flushing (face feels warm and turns red or darker in colour)
  - › Fast heartbeat
  - › Dizziness
  - › Nausea (upset stomach)
  - › Mild headache
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## Amlodipine (Norvasc®)

### Why do I need this medication?

- Amlodipine is used to treat **angina** (chest pain). It can also treat high blood pressure.

### How do I take this medication?

- This medication comes as a tablet.
- Take this medication once a day. Take it at the same time each day.
- You can take it with or without food.

### Medications and foods to avoid

- Some medications can affect how amlodipine works, like:
  - › Clarithromycin
  - › Ritonavir
  - › Erythromycin

- **Do not** eat grapefruit or drink grapefruit juice. This can affect how amlodipine works.
- Some medications can lower the effect of amlodipine, like:
  - › Rifampin
- Ask your primary health care provider or your pharmacist about any other medications or foods you should avoid.

## Warnings

- **Tell your doctor if you are:**
  - › Pregnant or planning to become pregnant
  - › Breastfeeding or chestfeeding
- **Tell your doctor if you have:**
  - › Liver disease
  - › Heart failure (weak heart)
  - › Heart valve disease

## **Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › Very low blood pressure
- › Sudden weight gain
- › Fainting
- › Swelling in your hands, ankles, or feet
- › Fast, pounding, or abnormal heartbeat

- **If you have any of these less serious side effects, tell your primary health care provider or your pharmacist:**
  - › Feeling dizzy or lightheaded
  - › Flushing (face feels warm and turns red or darker in colour)
  - › Headache
  - › Upset stomach
- **If you have other side effects that you think are caused by this medication, tell your primary health care provider or your pharmacist.**

## My medication list

| Medication | Dose | Comments |
|------------|------|----------|
|            |      |          |
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What are your questions?  
Please ask a member of your health care team.  
We are here to help you.

## Questions for my health care team:

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