|  |
| --- |
| **Common Medications for the Heart** |
| **ACE Inhibitor:** ⧫Lisinopril (Prinivil®, Zestril®) ⧫Ramipril (Altace®) ⧫Enalapril (Vasotec®)  ⧫Benazapril (Lotensin®) ⧫Captopril (Capoten®) ⧫Other\_\_\_\_\_\_\_\_\_  **Angiotensin Receptor Blocker:** ⧫Losartan (Cozaar) ⧫Valsartan (Diovan) ⧫Other\_\_\_\_\_\_\_\_ |
| ✓ Shown to improve outcomes in patients with heart disease  ✓ Side effects: rash, increased potassium levels, dry cough (will not go away while taking) |
| **Beta blocker:** ⧫Carvedilol (Coreg®) ⧫Bisoprolol (Zebeta®) ⧫Metoprolol tartrate (Lopressor®)  ⧫Metoprolol succinate (Toprol XL®) ⧫Atenolol (Tenormin®) ⧫Other\_\_\_\_\_\_\_\_ |
| ✓ Shown to decrease damage to the heart and prevent sudden death  ✓ Check pulse regularly – call doctor if less than 50 beats per minute  ✓ Side effects: fatigue (will go away), dizziness due to drop in blood pressure  ✓ May mask symptoms of hypoglycemia (low blood sugar) |
| **Statin:** ⧫Atorvastatin (Lipitor®) ⧫Rosuvastatin (Crestor®) ⧫Simvastatin (Zocor®)  ⧫Pravastatin (Pravachol®) ⧫Lovastatin (Mevacor®) ⧫Other\_\_\_\_\_\_\_\_ |
| ✓ Decrease risk of additional stents and heart surgery  ✓ Lowers bad cholesterol (LDL)  ✓ Take at bedtime – cholesterol production increases at night  ✓ Lovastatin should be taken with food  ✓ Many interactions – ask doctor before taking other medications  ✓ Side effects: muscle pains, weakness |
| **Antiplatelet**: ⧫Clopidogrel (Plavix®) ⧫Prasugrel (Effient®) ⧫Ticagrelor (Brillinta®) |
| ✓ Helps keep your platelets from sticking together. Also keeps stent open so blood can flow if a stent was placed  ✓ Duration of therapy will depend on type of stent and/or cardiologist  ✓ Avoid over-the-counter medications such as Motrin®, Advil® and Aleve®  ✓ Side effects: rash, stomach upset, headache, increased bleeding risk – ex. blood in urine, maroon or tarry stools, unexplained nose bleeds or excessive areas of bruising  ✓ If taking Ticagrelor, do not exceed 81 mg aspirin daily |
| **Aspirin:** ⧫325 mg ⧫81 mg |
| ✓ Helps keep your platelets from sticking together  ✓ Avoid taking over-the-counter pain medications such as Ibuprofen (Motrin®, Advil®) and Naproxin (Aleve®)  ✓ Side effects: upset stomach, ringing in the ears, increased bleeding risk – ex. blood in urine, maroon or black tarry stools, unexplained nose bleeds or excessive areas of bruising |
| **Nitroglycerin:** |
| ✓ Used for treatment of angina (chest pain)  ✓ Must be stored in original container and sealed tightly to prevent medications from breaking down  ✓ Dissolve one tablet under tongue every 5 minutes for a **maximum** of 3 doses  ✓ If the first does not resolve chest pain, call doctor or 911 |
| **Be sure to take all medications as directed. If you have concerns related to these medications (side effects, cost, etc.) please contact your prescriber before stopping a medication or changing the dose.** |

LSL (Leadership Saves Lives) Project Initiative

