

# ACE INHIBITORS

## Some examples of ACE Inhibitors:

cilazapril (including Inhibace Plus™), quinapril, enalapril, perindopril, captopril, lisinopril, trandolapril.

## Your ACE Inhibitor is called:

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## It is also known by the names:

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## Why you are taking an ACE inhibitor

ACE inhibitors are most often used to treat hypertension (high blood pressure) and heart failure.

ACE inhibitors help to prevent cardiovascular events such as heart attack and stroke in people with certain risk factors.

Taking an ACE inhibitor may also help to lengthen your life after a heart attack.

However, your doctor may have prescribed an ACE inhibitor for another reason. Ask your doctor if you have any questions about why you have been prescribed an ACE inhibitor.

## How your ACE inhibitor works

ACE inhibitors work by widening your blood vessels, which reduces pressure in the vessels, making it easier for your heart to pump blood around your body. This helps increase the supply of oxygen to your heart, so that your heart may

cope better and you may not get short of breath as easily.

## How to take your ACE inhibitor

- Take your dose regularly at the same time each day, **as your doctor or pharmacist directs**
- Swallow tablets whole with a full glass of water
- Some ACE inhibitors work best if taken an hour before a meal. Ask your pharmacist.
- **Do not stop taking your ACE inhibitor**

## If you miss a dose

- **If you miss a dose** take it as soon as you remember
- If you don't remember until it is almost time for your next dose, skip the missed dose but be sure to take the next dose when it is due
- **Do not take two doses at the same time**
- If you are unsure, please contact your pharmacist or doctor
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## Precautions while taking your ACE inhibitor

ACE inhibitors are safe to take as directed but don't suit everyone. Below are some conditions where ACE inhibitors would not normally be used. Get in touch with your doctor if any of the following apply to you:

- If you have had an allergic reaction to an ACE inhibitor before
- If you are pregnant, breast feeding, or wish to become pregnant

## Side effects

Unfortunately, as well as having beneficial effects, most medicines have some effects on your body that are unwanted, which are called "side effects". However, you may not experience any side effects.

## Important side effects

Tell your doctor **immediately** if you experience any of the following:

- You develop signs of an infection such as fever, chills or a sore throat
- You develop an allergic-like reaction which may include swelling of the face, lips, tongue or throat which may cause difficulties in swallowing or breathing
- You have pain or difficulty on passing urine, or notice blood in the urine (ACE inhibitors can have an effect on the functioning of your kidneys)
- Breathing difficulties
- Racing heart, palpitations, chest pain

## Common side effects

If you have any concerns about the following less serious side effects please discuss them with your doctor or pharmacist:

- Dry cough
- Dizziness/feeling faint (common after a first dose or an increase in your dose). To prevent/minimise dizziness, it may help to get up slowly when getting out of bed or standing up.
- Headache
- Fatigue
- Indigestion/Nausea
- Skin rashes

- Taste disturbances
- Increased sensitivity to light

Other side effects not listed above may also occur in some patients. If you notice other effects, check with your doctor or pharmacist.

### **Other medications**

Do not take other medicines or remedies without checking with your doctor (including those bought from pharmacies, health food shops and supermarkets).

Ensure your GP, dentist and pharmacist know you are taking an ACE inhibitor before they prescribe or recommend any medicines for you.

### **How to store your ACE inhibitor**

Store your ACE inhibitor in a cool, dry place, away from light. It is very important to store this medicine out of reach of children (preferably in a locked cupboard).

This leaflet may not contain all the information you need to know. Further information may be found in the leaflet in the medicine box. Please discuss any questions you may have about your medicines with your doctor or pharmacist



## **PHARMACY PATIENT INFORMATION**

### **ACE Inhibitors**