

ANGIOTENSIN-CONVERTING ENZYME (ACE) INHIBITORS



Captopril
Fosinopril

Cilazapril
Lisinopril
Ramipril

Benazepril
Perindopril
Trandolapril

Enalapril
Quinapril



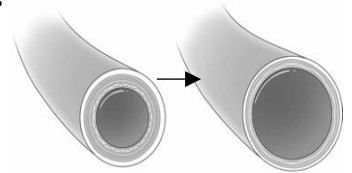
SCAN ME

What does this medication do?

ACE inhibitors widen your blood vessels and reduce the amount of fluid you hold in your body. They can **reduce the risk of having a heart attack** by **lowering your blood pressure**.

ACE inhibitors **help the heart muscle recover** after a heart attack and protect the heart muscle if it has been weakened (heart failure) by making it easier for the heart to pump blood.

ACE inhibitors also **protect the kidneys**, especially in people with diabetes, kidney disease, or high blood pressure.



How should you take this medication?

- **Take this medication as directed**, at the same time(s) each day.
- If you take it more than once a day, space it out evenly throughout the day.
- If you miss a dose, take it as soon as you remember unless it is almost time for your next dose. **DO NOT** take an extra dose to make up for the missed dose.
- Continue to take this medication even if you feel well.
- This medication can be taken with or without food, (except captopril, which should be taken 1 hour before meals).
- Do not take this medication if you are pregnant or plan on becoming pregnant.
- It is best to avoid medications such as decongestants, some over-the-counter cough and cold products, ibuprofen (Advil®, Motrin®) and naproxen (Aleve®) as they can raise your blood pressure. Acetaminophen (Tylenol®) is a safer option for treatment of pain.

What side effects may occur?

Because this medication lowers your blood pressure, you may feel **dizzy** or **lightheaded**, like you might **fall**.

If you experience this feeling, **sit or lie down right away**.

To lower your risk of feeling dizzy or falling:

- Walk slowly up and down stairs
- Change body positions slowly, especially when standing up or getting out of bed
- Dangle your feet over the edge of the bed before getting out of bed



ACE inhibitors can raise the amount of potassium in your body. Avoid salt substitutes or potassium supplements unless prescribed by your healthcare provider. Signs of too much potassium are:

- Confusion, nervousness
- Irregular heart rate (pulse)
- Numbness or tingling of hands or feet
- Weak/heavy legs

Other side effects include **dry cough** or **tickle in the throat**.

When to contact your healthcare provider:

- If you have signs of too much potassium (see points to the left)
- If dizziness is a problem
- If you experience any swelling (especially of the face, mouth, or neck), or reduced urination (pee)
- Dry cough or tickle in the throat that does not go away

Talk to your pharmacist or other healthcare provider to make sure your medications do not interact with your ACE inhibitor (including vitamins, over-the-counter medications, and herbal products).