



ANGIOTENSIN RECEPTOR BLOCKERS (ARBs)

Candesartan
Losartan

Eprosartan
Telmisartan

Irbesartan
Valsartan

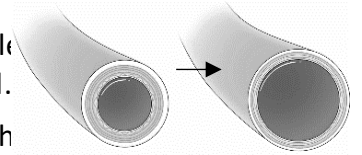


What does this medication do?

Angiotensin receptor blockers (ARBs) widen your blood vessels and reducing the amount of fluid you hold in your body. They can **reduce the risk of having a heart attack** by **lowering your blood pressure**.

ARBs **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.

ARBs 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.
- 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



ARBs 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 include:

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

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 (peeing)

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