

ACE Inhibitors

This handout provides information about ACE inhibitor drugs. These drugs are often prescribed if you have high blood pressure, heart disease, heart failure, or had a heart attack. They are also prescribed for some people who have diabetes and/or kidney problems. Other topics covered include how to take this drug, tips for taking it, side effects, and getting your blood checked.

ACE inhibitors for your heart

- ACE inhibitors can lower the chance that you will have a heart attack
- If you have heart disease, heart failure, or had a heart attack, your doctor may prescribe ACE inhibitors
- If you have high blood pressure, your doctor may prescribe ACE inhibitors

ACE inhibitors for diabetes or your kidneys

- ACE inhibitors can protect your kidneys
- If you have diabetes or kidney disease, your doctor may prescribe ACE inhibitors

How to take it

- Ask your doctor how often to take your ACE inhibitor
- Some are taken once a day, and others may be taken 2 or 3 times a day

Tips for taking

- You may need to drink more fluids (ask your doctor)
- Do not take non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen unless your doctor says it is OK
- You may need to take a water pill or diuretic, or adjust the amount of diuretic you already take

Side effects

- Dry cough
- Dizzy or lightheaded when you stand up
- Skin rashes
- High level of potassium in your blood, which can hurt your heart
- Call your doctor if you are concerned about a side effect

ACE Inhibitors Cont'd

Get your blood checked

- Kidney tests and potassium levels
- After a change in prescription
- At your regular check ups

Circle the drug you take

- Benazepril (Lotensin)
- Captopril (Capoten)
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil or Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)