

Heart Failure Medicines

	I take	My dose	What it does	Side effects	Comments
Diuretics “water pills”	<ul style="list-style-type: none"> • furosemide • other: 	<input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • gets rid of extra fluid by making you pass more urine 	<ul style="list-style-type: none"> • dehydration (dizziness, dry mouth, feeling thirsty) • skin rash • getting sunburned more easily • gout (a type of arthritis) 	<p>Take the last dose of medicine before 4 p.m. to help prevent you from going to the bathroom at night.</p> <p>You’ll need regular blood tests to check:</p> <ul style="list-style-type: none"> • your potassium (to see if it’s low) • how well your kidneys are working <p>You only need to take this medicine if you have extra fluid in your body or are likely to hold on to extra fluid.</p>
Angiotensin-converting Enzyme (ACE) Inhibitor	<ul style="list-style-type: none"> • enalapril • perindopril • ramipril • other: 	<input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • opens blood vessels to make it easier for your heart to pump blood • prevents your heart from getting weaker 	<ul style="list-style-type: none"> • feeling lightheaded • coughing 	<p>Feeling lightheaded, especially after you stand or sit up quickly, may be caused by low blood pressure. If it’s enough to bother you, talk to your healthcare provider.</p> <p>Tell your healthcare provider if you have a dry cough that bothers you.</p> <p>You’ll need regular blood tests to check:</p> <ul style="list-style-type: none"> • your potassium (to see if it’s high) • how well your kidneys are working <p>In less than 1 in 100 people, these drugs can cause swelling of the tongue, lips, and throat. If this happens, call 911 or go to the nearest emergency department.</p>
Angiotensin Receptor Blocker (ARB)	<ul style="list-style-type: none"> • candesartan • valsartan • other: 	<input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • helps to lower blood pressure so your heart doesn’t have to work as hard 	<ul style="list-style-type: none"> • feeling lightheaded 	<p>Feeling lightheaded, especially after you stand or sit up quickly, may be caused by low blood pressure. If it’s enough to bother you, talk to your healthcare provider.</p> <p>You’ll need regular blood tests to check:</p> <ul style="list-style-type: none"> • your potassium (to see if it’s high) • how well your kidneys are working

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Beta-Blockers	<ul style="list-style-type: none"> • bisoprolol • carvedilol • metoprolol • other: 	<input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • slows your heart rate so your heart doesn't have to work as hard • prevents your heart from getting weaker 	<ul style="list-style-type: none"> • feeling lightheaded • feeling very tired 	<p>Feeling lightheaded, especially after you stand or sit up quickly, may be caused by low blood pressure or a low heart rate. If it's enough to bother you, talk to your healthcare provider.</p> <p>It takes time for your heart to start working better. You may feel tired in the first month as your body gets used to the medicine. You should feel less tired after you take the medicine for a while.</p> <p>Don't stop taking a beta-blocker without advice from your doctor. A sudden stop of this medicine may make heart failure worse.</p>
Mineralocorticoid Receptor Antagonists	<ul style="list-style-type: none"> • eplerenone • spironolactone 	<input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • prevents your heart from getting weaker 	<ul style="list-style-type: none"> • feeling lightheaded 	<p>You'll need regular blood tests to check:</p> <ul style="list-style-type: none"> • your potassium (to see if it's high) • how well your kidneys are working <p>In about 1 in 10 men, spironolactone can cause breast tenderness and breast growth. If you have these symptoms and they bother you, talk to your healthcare provider.</p>
Digoxin	<ul style="list-style-type: none"> • digoxin 	<input type="checkbox"/> once a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> • makes your heart pump better 	<ul style="list-style-type: none"> • feeling very tired • nausea • vomiting 	<p>In some people, digoxin levels can get too high. This happens most often in older adults and people with kidney problems.</p> <p>If your digoxin levels are too high, you may:</p> <ul style="list-style-type: none"> • get confused • see or hear things that aren't there (hallucinations) • have changes to your vision, such as seeing halos around lights or objects and yellow-green vision • have an abnormal heartbeat • have severe nausea, vomiting, or diarrhea <p>If you have any of these symptoms, go to the emergency department.</p>

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Angiotensin Receptor-Neprilysin Inhibitor (ARNI)	<ul style="list-style-type: none"> sacubitril combined with valsartan 	<input type="checkbox"/> twice a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> opens blood vessels to make it easier for your heart to pump blood prevents your heart from getting weaker 	<ul style="list-style-type: none"> feeling lightheaded 	<p>Don't take this medicine with an ACE inhibitor or ARB (see above). If your doctor tells you to take sacubitril plus valsartan, you don't need to take any of the ACE inhibitors or ARBs listed above.</p> <p>Feeling lightheaded, especially after you stand or sit up quickly, may be caused by low blood pressure. If it's enough to bother you, talk to your healthcare provider.</p> <p>You'll need regular blood tests to check:</p> <ul style="list-style-type: none"> your potassium (to see if it's high) how well your kidneys are working <p>In less than 1 in 100 people, these drugs can cause swelling of the tongue, lips, and throat. If this happens, call 911 or go to the nearest emergency department.</p>
Vasodilators: Nitrates	<ul style="list-style-type: none"> nitroglycerin patch isosorbide dinitrate isosorbide mononitrate 		<ul style="list-style-type: none"> opens blood vessels to make it easier for your heart to pump blood 	<ul style="list-style-type: none"> headache flushing (your skin gets red and hot) feeling lightheaded 	<p>If you take nitrate, don't use medicines for erectile dysfunction (not being able to get or keep an erection). This includes tadalafil (Cialis), vardenafil (Levitra), and sildenafil (Viagra). Using these medicines together can cause very low blood pressure, which can lead to death.</p> <p>Feeling lightheaded, especially after you stand or sit up quickly, may be caused by low blood pressure. If it's enough to bother you, talk to your healthcare provider.</p>
Vasodilators: Other	<ul style="list-style-type: none"> hydralazine 	<input type="checkbox"/> three times a day <input type="checkbox"/> other:	<ul style="list-style-type: none"> opens blood vessels to make it easier for your heart to pump blood 	<ul style="list-style-type: none"> headache feeling lightheaded fast heartbeat 	<p>You usually take this medicine with a nitrate listed above.</p>