



## MEDICATIONS TO MANAGE YOUR HEART FAILURE

- Medications reduce symptoms and improve how you feel
- You need to take your medications everyday at the same time
- Keep a journal of when you take your medications as well as your daily weight and any side effects or symptoms of heart failure you may have
- Refill prescriptions before they run out and always carry a few days extra supply when traveling
- Do not skip doses or take extra doses without your doctor's knowledge.
- Inform your doctor of any medications you may be taking including over the counter medicines, vitamins, herbals, analgesics or antacids.
- Store medicines in a cool, dry place and dispose of outdated or unwanted medicines. Always carry a list of your current medicines.
- Tell your doctor if you are experiencing side effects including cough, dizziness, skin rash, leg cramps, nausea, loss of appetite, mental confusion, blurred vision or change in heartbeat.
- Do not stop or start any medication without first talking to your doctor, even if you are feeling better
- Avoid salt and salty food in your diet.
- Avoid OTC medications with sodium such as AlkaSeltzer, Bromo Seltzer, or Sodium Bicarbonate (Baking Soda). Water softeners have sodium and water treated with a water softener should be avoided.

### TYPES OF MEDICATIONS YOU MAY TAKE FOR HEART FAILURE

#### ACE INHIBITOR

You are taking \_\_\_\_\_yes \_\_\_\_\_no

These medications make it easier for the heart to pump

#### DIURETIC

You are taking \_\_\_\_\_yes \_\_\_\_\_no

This is a water pill

This helps remove excess fluid and salt from the body

#### DIGITALIS

You are taking \_\_\_\_\_yes \_\_\_\_\_no

More commonly called digoxin or lanoxin

This strengthens each heart beat, allowing more blood to be pumped

Report to your doctor any nausea, loss of appetite, mental confusion, blurred or yellow-colored vision changes, rapid, forceful heartbeat.

You may also be taking other medications for your heart, or to replace potassium or for other medical conditions as prescribed by your physician. Always talk to your doctor before changing your dose or stopping any medication.

CALL YOUR DOCTOR OR PHARMACIST, IF YOU HAVE CONCERNS ABOUT YOUR  
MEDICATIONS