



Patient & Family Guide

2024

# ACE Inhibitors



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# ACE Inhibitors

## Why do I need this medication?

Angiotensin (AN-jee-oh-ten-sin) converting enzyme (ACE) inhibitors can be used to treat high blood pressure and certain heart conditions (like heart attacks, heart failure), and kidney disease.

### Examples:

- |                                       |                              |
|---------------------------------------|------------------------------|
| › Enalapril<br>(Vasotec®)             | › Fosinopril<br>(Monopril®)  |
| › Captopril<br>(Capoten®)             | › Perindopril<br>(Coversyl®) |
| › Cilazapril<br>(Inhibace®)           | › Ramipril (Altace®)         |
| › Lisinopril<br>(Prinivil®, Zestril®) | › Trandolapril<br>(Mavik®)   |

My medication: \_\_\_\_\_

## How do I store this medication?

- Store your medication in a tightly closed container at room temperature (15 to 30 °C) away from heat, moisture, and direct light.
- **Do not** store it in the bathroom.
- Keep all medication out of the reach of children and pets.

## **How do I take this medication?**

- Take this medication exactly as told, even if you feel fine.

### **If you are taking captopril:**

- › You must take it on an empty stomach (1 hour before a meal or 2 hours after a meal).

## **What do I do if I miss a dose?**

- Take the missed dose as soon as you remember.
- Skip the missed dose if it is almost time for your next dose.
- **Do not** take 2 doses at the same time.

## **Medications and foods to avoid**

- Talk with your primary health care provider (family doctor or nurse practitioner) or pharmacist before taking any other medications, including over-the-counter products.
- Your primary health care provider or dietitian may suggest a low-salt eating plan to help manage your condition.

## **Tell your primary health care provider if you are taking any of these medications:**

- › Potassium-containing medications (K-Lyte<sup>®</sup>, Micro-K<sup>®</sup>, Slow-K<sup>®</sup>)
- › Diuretics (sometimes called water pills) (Aldactone<sup>®</sup>, Dyazide<sup>®</sup>, Midamor<sup>®</sup>)
- › Salt substitutes
- **Do not** drink a lot of alcohol while taking this medication. Too much alcohol can make your medication not work as well.

## **Warnings**

- Check with your primary health care provider before taking an ACE inhibitor if you have:
  - › Diabetes
  - › Kidney disease
  - › Liver disease
  - › Lupus
- **Do not take this medication if you are pregnant or think you might be pregnant.**
- **Do not take this medication if you are breastfeeding.**
- Tell your health care provider or dentist about all of the medications you are taking before having any surgery.

- ACE inhibitors keep your body from losing potassium. It can be dangerous if the amount of potassium in your blood gets too high. Your health care provider may want to do blood work to measure your potassium levels.

**Call your primary health care provider or go to the nearest Emergency Department right away if you have:**

- › An irregular heartbeat
- › Chest pain that lasts longer than 15 minutes
- › Trouble breathing or swallowing
- › Hoarseness
- › Skin rash, very bad itching, or hives
- › Swelling in your face, mouth, hands, or feet
- › Numbness or tingling in your hands or feet
- › Fever (temperature above 38 °C or 100.4 °F)
- › Chills
- › Sore throat
- › Extreme (very bad) weakness
- › Yellowing in your skin or eyes

**If you have any of these less serious side effects, talk to your primary health care provider, or pharmacist:**

- › Dry cough that does not go away
- › Headache
- › Feeling dizzy or lightheaded
- › Fainting
- › Tiredness
- › Nausea (feeling sick to your stomach)
- › Vomiting (throwing up)
- › Diarrhea (loose, watery poop)
- › Constipation (not able to poop)
- › Metallic taste in your mouth

**If you have other side effects that you think are caused by this medication, tell your primary health care provider.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.

