



Heart Failure Medications

Medications are an important part of your treatment plan for heart failure. Your clinician will prescribe medications to protect your heart and help you to feel better. Your healthcare team is here to help you learn about your medications and manage possible side effects.

Taking Your Heart Medications Safely

It's likely you will take one or more medications. How much you take (your dose) may change over time. Follow these tips to help you manage your medications.

- Carefully follow all directions in taking your medications.
- Don't skip doses. Get a pill box or set an alarm to help you remember when to take your medications.
- Know what side effects to watch out for. Talk to your clinician right away if you have any side effects.
- Renew your prescriptions in time so you don't run out.
- Talk with your healthcare team before taking any over-the-counter medications or herbal supplements. Some medicines and herbs can affect how well your heart medicine works. Some can be dangerous to take at the same time.
- Avoid taking nonsteroidal anti-inflammatory drugs, or NSAIDs, such as Motrin®, Advil®, Aleve®.
- If you are having trouble paying for your medications, talk to your healthcare team.

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Medication Benefits

Heart failure medications help to keep your heart working so you can live a full and enjoyable life. Each works in a different way so you can:

- Live longer
- Breathe easier
- Have more energy
- Increase your activity level
- Have less swelling
- Stay out of the hospital

Blood Tests

While taking these medications, your clinician may order laboratory tests. It is important that you get these tests done on time. These tests can show how your body is responding to the medicine. Based on your test results, your clinician may continue with your medicines, adjust the dose, or change your medicines.

Common Medications Used to Treat Heart Failure

Medications for Your Heart	Purpose	Benefit	Possible Side Effects
<p>ACE-Inhibitors:</p> <input type="checkbox"/> captopril (Capoten) <input type="checkbox"/> enalapril (Vasotec) <input type="checkbox"/> lisinopril (Prinivil, Zestril) <input type="checkbox"/> quinapril (Accupril) <input type="checkbox"/> ramipril (Altace) Other: _____	<p>Protects the heart by decreasing the workload, lowering blood pressure.</p>	<ul style="list-style-type: none"> ✓ Increase your activity level ✓ Reduce hospital visits ✓ Live longer 	<ul style="list-style-type: none"> • Dizziness • Can increase potassium or creatinine levels • Dry cough (if this happens, please tell your healthcare provider) • Rarely: swelling of lips or tongue
<p>Angiotensin Receptor Blockers (ARBs):</p> <input type="checkbox"/> candesartan (Atacand) <input type="checkbox"/> losartan (Cozaar) <input type="checkbox"/> valsartan (Diovan) Other: _____			
<p>Angiotensin Receptor Neprilysin Inhibitor (ARNI):</p> <input type="checkbox"/> sacubitril/valsartan (Entresto)			
<p>Beta Blockers:</p> <input type="checkbox"/> bisoprolol (Zebeta) <input type="checkbox"/> metoprolol succinate (Toprol XL) <input type="checkbox"/> carvedilol (Coreg) <input type="checkbox"/> carvedilol CR (Coreg CR) Other: _____	<p>Protects the heart by slowing the heart rate so it doesn't have to work so hard.</p>	<ul style="list-style-type: none"> ✓ Breathe easier ✓ Reduce hospital visits ✓ Live longer 	<ul style="list-style-type: none"> • Light headed • Feeling tired (this often improves within 4-6 weeks)
<p>Diuretics:</p> <input type="checkbox"/> furosemide (Lasix) <input type="checkbox"/> bumetanide (Bumex) <input type="checkbox"/> torsemide (Demadex) <input type="checkbox"/> metolazone (Zaroxolyn) Other: _____	<p>Help kidneys get rid of unwanted water and sodium. This makes it easier for the heart to pump.</p>	<ul style="list-style-type: none"> ✓ Breathe easier ✓ Less swelling ✓ Reduce hospital visits 	<ul style="list-style-type: none"> • Muscle cramps • Dizziness • Low potassium levels (your doctor may order potassium supplements)
<p>Mineralocorticoid Receptor Antagonists:</p> <input type="checkbox"/> eplerenone (Inspra) <input type="checkbox"/> spironolactone (Aldactone) Other: _____	<p>Protects the heart from damage by steroid hormones released in heart failure and helps the body to hold onto potassium.</p>	<ul style="list-style-type: none"> ✓ Reduce hospital visits ✓ Less need for potassium supplementation ✓ Breathe easier ✓ Live longer 	<ul style="list-style-type: none"> • Increased potassium levels • Dizziness • Upset stomach • Breast tenderness in men and women
<p>SGLT2 Inhibitors:</p> <input type="checkbox"/> dapagliflozin (Farxiga) <input type="checkbox"/> empagliflozin (Jardiance)	<p>Helps your heart to work with ease.</p>	<ul style="list-style-type: none"> ✓ Reduce hospital visits ✓ Improve blood sugars if you have diabetes ✓ Live longer 	<ul style="list-style-type: none"> • Light headed • Urinary tract or yeast infections • Can increase creatinine levels

There are many types of medications used to treat heart failure. Your clinician will work with you to find the best combination for you. If you have any questions or concerns about your medicine(s), talk to your clinician or pharmacist. The chart above includes examples of the types of medicines used to treat heart failure.