

Living With Heart Failure

There are many steps you can take to feel better, stay active, and enjoy life when you have heart failure. Some important steps include:

- Taking your medicines
- Keeping track of your symptoms
- Following a low-sodium diet
- Limiting your fluid intake
- Staying active
- Not smoking or using tobacco products

Take Your Medicines

There are many different medicines that your doctor might prescribe to help you to control your heart failure. Each patient is different, so your doctor will prescribe the medicines that are best for you.

These medicines can help to:

- Control the symptoms of heart failure (by helping the heart pump better).
- Keep you out of the hospital.
- Improve your chance of living longer with heart failure.

Continue taking these medicines exactly as prescribed by your doctor, even if you are feeling better. These medicines can cause side effects. If you think any of your medicines are causing side effects, talk with your doctor or pharmacist.

Your medicines may change after each doctor appointment or when you are in the hospital. Keeping an up-to-date list of your medicines (prescription, over the counter, and herbal supplements) is very important. Be sure to share this list with all of your providers and your pharmacist, and bring it to all of your appointments.

If you cannot afford your medicines, please tell a member of your care team as soon as possible. See the charts on the following pages for more medicine information.

Scan the QR code to watch *“Heart Failure: Medicines to Avoid.”*



continued>

Type of Medicine	What It Does	Possible Side Effects	Common Drug Names
<p>Angiotensin Converting Enzyme (ACE) Inhibitor</p> <p><u>OR</u></p> <p>Angiotensin Receptor Blocker (ARB)</p> <p><u>OR</u></p> <p>Angiotensin Receptor-Nepriylsin Inhibitor (ARNi)</p> <p>Only one of these should be taken.</p> <p>Name: _____</p>	<p>These medicines lower blood pressure and make it easier for the heart to pump blood.</p>	<ul style="list-style-type: none"> • Low blood pressure (dizziness or light-headedness) • Dry cough • High potassium levels • Urinating less often • Swelling of mouth, lips, tongue 	<p>ACE Inhibitors</p> <ul style="list-style-type: none"> • Benazepril (Lotensin®) • Captopril (Capoten®) • Enalapril (Vasotec®) • Fosinopril (Monopril®) • Lisinopril (Prinivil®, Zestril®) • Ramipril (Altace®) • Quinapril (Accupril®) <p>ARBs</p> <ul style="list-style-type: none"> • Candesartan (Atacand®) • Irbesartan (Avapro®) • Losartan (Cozaar®) • Valsartan (Diovan®) <p>ARNis</p> <ul style="list-style-type: none"> • Sacubitril/valsartan (Entresto®)
<p>Aldosterone Receptor Antagonist</p> <p>Name: _____</p>	<p>Aldosterone Receptor Antagonists help the kidneys get rid of extra fluid and lower blood pressure.</p>	<ul style="list-style-type: none"> • High potassium levels • Urinating less often • Breast changes (men and women) • Changes in the menstrual cycle (women) 	<ul style="list-style-type: none"> • Spironolactone (Aldactone®) • Eplerenone (Inspra®)
<p>Sodium-Glucose Co-Transporter 2 (SGLT2) Inhibitor</p> <p>Name: _____</p>	<p>SGLT2 inhibitors help prevent the body from holding onto extra fluid (fluid retention) and improve heart function.</p>	<ul style="list-style-type: none"> • Urinating more often • Thirst or dry mouth • Dehydration • Urinary tract infection (UTI) • Genital yeast infection 	<ul style="list-style-type: none"> • Dapagliflozin (Farxiga®) • Empagliflozin (Jardiance®)
<p>Beta Blocker</p> <p>Name: _____</p>	<p>Beta Blockers lower blood pressure and heart rate and may strengthen the heart's pumping ability over time.</p>	<ul style="list-style-type: none"> • Low blood pressure (dizziness or light-headedness) • Low heart rate • Tiredness 	<ul style="list-style-type: none"> • Bisoprolol (Zebeta®) • Carvedilol (Coreg®, Coreg CR®) • Metoprolol (Toprol XL®)

Type of Medicine	What It Does	Possible Side Effects	Common Drug Names
Diuretic (water pill) Name: _____	Diuretics reduce swelling by helping the kidneys get rid of extra fluid. They also help prevent fluid buildup in the lungs.	<ul style="list-style-type: none"> • Urinating more often • Thirst or dry mouth • Dehydration • Muscle cramps • Low blood pressure (dizziness or light-headedness) • Gout symptoms 	<ul style="list-style-type: none"> • Bumetanide (Bumex®) • Furosemide (Lasix®) • Hydrochlorothiazide (HydroDiuril®) • Metolazone (Zaroxolyn®) • Torsemide (Demadex®)
Digoxin Name: _____	Digoxin increases the strength of the heartbeat and slows heart rate. They can be used in people with irregular heart rhythms, such as atrial fibrillation (Afib).	<ul style="list-style-type: none"> • Nausea and/or vomiting • Upset stomach • Loss of appetite • Blurred or yellow-tinted vision • Tiredness or weakness • If the drug level is too high, could cause changes in heart rate or rhythm 	<ul style="list-style-type: none"> • Digoxin (Lanoxin®)
Hydralazine and Nitrates (Isosorbide) Name: _____	These medicines lower blood pressure by helping the blood vessels open and relax.	<ul style="list-style-type: none"> • Low blood pressure (dizziness or light-headedness) • Fast heart rate • Headache • Nausea • Flushing • Swelling in the legs • Rash (due to hydralazine) 	<ul style="list-style-type: none"> • Hydralazine (Apresoline®) • Isosorbide mononitrate (Imdur®, Ismo®, Monoket®) • Isosorbide dinitrate (Isordil®)
Other Name: _____			