

CAPTOPRIL, ENALAPRIL, FOSINOPRIL, LISINOPRIL, QUINAPRIL, PERINDOPRIL, RAMIPRIL & TRANDOLAPRIL

These medications are a type of drug called Angiotensin-converting enzyme (ACE) inhibitors.

They are used to treat heart failure and high blood pressure (hypertension).

If you have high blood pressure, taking an ACE inhibitor will help to prevent a future heart attack or stroke.

These medications reduce your blood pressure by making your blood vessels relax and widen, which improves blood flow to the heart muscle.

Monitoring:

When your medication is prescribed by the GP, you will be required to have regular blood test monitoring, to ensure their optimum safety.

These blood tests are required every 12 months and are comprised of a Kidney Function Test (U&Es) to check how well your kidneys are working and the amount of potassium in your blood.

You will also need to provide a yearly blood pressure (BP) reading.

However, if your medication needs to be adjusted (due to your BP not being within target) you will be required to have another blood test and BP checks 2 weeks after adjustment of your medication.

Side Effects:

Please tell your Doctor if you experience the following symptoms:

- A dry, tickly cough that does not get better
- Feeling dizzy or lightheaded, especially when you stand up or sit up quickly
- Headaches
- Diarrhoea
- Vomiting
- Mild skin rash
- Blurred vision
- The whites of your eyes turn yellow, or your skin turns yellow although this may be less obvious on brown or black skin – this can be a sign of liver problems
- You're paler than usual, you feel tired, faint or dizzy, you have any sign of bleeding (like bleeding from the gums and bruising more easily than usual), a sore throat, a high temperature, or you get infections more easily – these can be signs of a blood or bone marrow disorder
- You have severe stomach pain – this can be a sign of an inflamed pancreas (acute pancreatitis)
- You have swollen ankles or blood in your pee or you're not peeing at all – these can be signs of kidney problems

Pregnancy:

You should use contraception if you are taking these medications and discuss with your GP if you are planning a pregnancy, so that the medication can be stopped and an alternative treatment can be started that is not harmful.

If you find out you are pregnant and are currently taking these medications, stop taking the medication and speak to your GP straight away.

Breastfeeding:

It is not recommended to take this medication if you are breastfeeding as there is limited information on their safety.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/drug-cabinet/ace-inhibitors>

SICK DAY RULES for patients who are taking these medications, it can be printed and kept in your purse or wallet. (attach the business card as a link?)

Medicine Sick Day Rules

Peartree Group Practice

When you are unwell with any of the following:

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- Vomiting or diarrhoea (unless only minor)
- Fevers, sweats and shaking (unless only minor)

Then if you take any medicines listed below **STOP** taking them while you are unwell:

- ACE inhibitors: medicine names ending in “pril”
- ARBs: medicine names ending in “sartan”
- Diuretics: eg, furosemide, bendroflumethiazide
- Metformin: a medicine for diabetes
- SGLT2 inhibitors: medicine names ending “gliflozin”
- NSAIDs: eg, ibuprofen, diclofenac, naproxen
- There may be other medicines advised to you by your GP to be stopped when unwell (speak to your GP if not sure)

Restart when you are well (after 24-48 hours of eating and drinking normally) If you are in any doubt, contact your pharmacist, doctor or a nurse

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