### Common Medications for the Heart

**ACE Inhibitor:** ◆ Lisinopril (Prinivil®, Zestril®) ◆ Ramipril (Altace®) ◆ Enalapril (Vasotec®)  
◆ Benazapril (Lotensin®) ◆ Captopril (Capoten®) ◆ Other________

**Angiotensin Receptor Blocker:** ◆ Losartan (Cozaar) ◆ Valsartan (Diovan) ◆ Other________

- ✔ Shown to improve outcomes in patients with heart disease
- ✔ Side effects: rash, increased potassium levels, dry cough (will not go away while taking)

**Beta blocker:** ◆ Carvedilol (Coreg®) ◆ Bisoprolol (Zebeta®) ◆ Metoprolol tartrate (Lopressor®)  
◆ Metoprolol succinate (Toprol XL®) ◆ Atenolol (Tenormin®) ◆ Other________

- ✔ Shown to decrease damage to the heart and prevent sudden death
- ✔ Check pulse regularly – call doctor if less than 50 beats per minute
- ✔ Side effects: fatigue (will go away), dizziness due to drop in blood pressure
- ✔ May mask symptoms of hypoglycemia (low blood sugar)

**Statin:** ◆ Atorvastatin (Lipitor®) ◆ Rosuvastatin (Crestor®) ◆ Simvastatin (Zocor®)  
◆ Pravastatin (Pravachol®) ◆ Lovastatin (Mevacor®) ◆ Other________

- ✔ Decrease risk of additional stents and heart surgery
- ✔ Lowers bad cholesterol (LDL)
- ✔ Take at bedtime – cholesterol production increases at night
- ✔ Lovastatin should be taken with food
- ✔ Many interactions – ask doctor before taking other medications
- ✔ Side effects: muscle pains, weakness

**Antiplatelet:** ◆ Clopidogrel (Plavix®) ◆ Prasugrel (Effient®) ◆ Ticagrelor (Brillinta®)

- ✔ Helps keep your platelets from sticking together. Also keeps stent open so blood can flow if a stent was placed
- ✔ Duration of therapy will depend on type of stent and/or cardiologist
- ✔ Avoid over-the-counter medications such as Motrin®, Advil® and Aleve®
- ✔ Side effects: rash, stomach upset, headache, increased bleeding risk – ex. blood in urine, maroon or tarry stools, unexplained nose bleeds or excessive areas of bruising
- ✔ If taking Ticagrelor, do not exceed 81 mg aspirin daily

**Aspirin:** ◆ 325 mg ◆ 81 mg

- ✔ Helps keep your platelets from sticking together
- ✔ Avoid taking over-the-counter pain medications such as Ibuprofen (Motrin®, Advil®) and Naproxin (Aleve®)
- ✔ Side effects: upset stomach, ringing in the ears, increased bleeding risk – ex. blood in urine, maroon or black tarry stools, unexplained nose bleeds or excessive areas of bruising

**Nitroglycerin:**

- ✔ Used for treatment of angina (chest pain)
- ✔ Must be stored in original container and sealed tightly to prevent medications from breaking down
- ✔ Dissolve one tablet under tongue every 5 minutes for a maximum of 3 doses
- ✔ If the first does not resolve chest pain, call doctor or 911

Be sure to take all medications as directed. If you have concerns related to these medications (side effects, cost, etc.) please contact your prescriber before stopping a medication or changing the dose.  

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