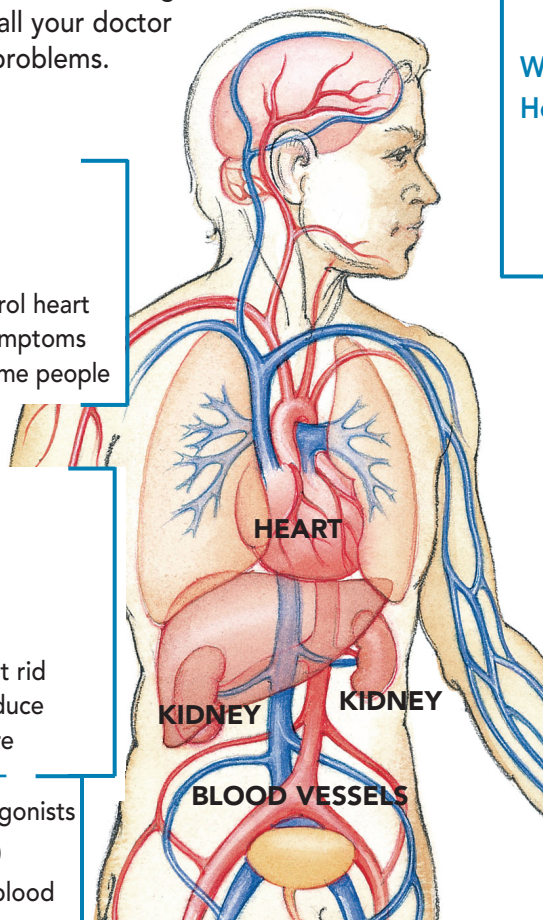


heart failure medicines

HOW THEY WORK

Most people with heart failure benefit from taking several medicines to protect their heart. These medicines can help you feel better and live longer. It is important to take all your medicines exactly as directed. Be sure to schedule and go to all your of appointments, and call your doctor or care team if you are having problems.



Medicine type: digoxin

Name: digoxin (*Lanoxin*)

Where it works: heart

How it works: helps to control heart rate; helps reduce symptoms of heart failure for some people

Medicine type: diuretics

Names: furosemide (*Lasix*)
bumetamide (*Bumex*)
metolazone (*Zaroxolyn*)

Where it works: kidneys

How it works: helps kidneys get rid of excess fluid; helps reduce symptoms of heart failure

Medicine type: aldosterone antagonists

Name: spironolactone (*Aldactone*)

Where it works: heart, kidneys, blood vessels

How it works: prevents buildup of chemicals harmful to the heart; slows progression of heart failure

Medicine type: beta-blockers

Names: carvedilol (*Coreg*)
bisoprolol (*Zebeta*)
metoprolol (*Toprol XL*)

Where it works: heart

How it works: helps heart pump easier; reduces chest pain (angina); prevents buildup of chemicals that are harmful to the heart; helps to control heart rate; slows progression of heart failure

Medicine type: ACE inhibitors

Names: lisinopril (*Zestril, Prinivil*)
captopril (*Capoten*)

Where it works: heart, kidneys, blood vessels

How it works: helps heart pump easier; relaxes and widens blood vessels; prevents buildup of chemicals harmful to the heart; slows progression of heart failure

Medicine type: ARB

Names: losartan (*Cozaar*)

Where it works: same as ACE inhibitors; used as alternative when ACE inhibitors cause cough, rash, or throat swelling

How it works: same as ACE inhibitors

Drug combination: long-acting nitrate and hydralazine

Names: isosorbide dinitrate (*Isordil*)
isosorbide mononitrate (*Imdur*)
hydralazine (*Apresoline*)

Where it works: heart, blood vessels

How it works: helps heart pump easier; relaxes and widens blood vessels; slows progression of heart failure

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

Information to remember about heart failure medicines

- Take all your medicines exactly as directed.
- Talk with your doctor if you think that any of your medicines are causing side effects.
- Wear a medical alert bracelet and/or carry an updated list of all the medicines you are taking, at all times.

To learn more about your heart failure medicines, go to kp.org/medications or consult with a pharmacist.

Tips to help you remember to take your medicines

Everyone sometimes has trouble remembering to do things on a regular schedule. There are a number of ways to help you remember. Check off things you might try:

- Make a simple chart and post it in an obvious place where you will see it every day, like on the mirror in the bathroom.
- Set an alarm clock or watch as a reminder.
- Establish a daily routine for taking your medicines, such as at bedtime or mealtime.
- Use a pillbox that has sections, representing the days of the week and different times of day.
- Can you think of others?

It's easy to get prescription refills at Kaiser Permanente pharmacies.

- Please re-order your medicines at least 7 to 10 days before you run out.
- Use EasyFill, our automated phone prescription refill system. Find the number to call in the upper right-hand corner of your prescription label, or call the pharmacy near you.
- Refill prescriptions at kp.org/rxrefill. Click on the “Appointments/Rx refills” tab, then click on “Refill prescriptions.”

Additional resources

To learn more about heart failure, visit your physician's home page at kp.org/mydoctor, where you can:

- Access health and drug encyclopedias, health education classes, and more.
- Join online programs such as HealthMedia® Care™ for Your Health to help you take control of your heart failure and live your life to the fullest.
- View videos or listen to podcasts.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.

Call Kaiser Permanente if:

- ? You have side effects from your medicines that you have not already discussed with your doctor.
- ? You have new or increased shortness of breath.
- ? You are dizzy or lightheaded, or you feel like you may faint.
- ? You gain 2 to 3 pounds (or more) over 2 days.
- ? You have increased swelling in your legs, ankles, or feet.