

NITRATES

Quick Acting Nitrates

Name/Ingredient	Brand Name	Strength
Glyceryl Trinitrate	Anginine (tablet)	600 micrograms (mcg)
	Nitrolingual Spray	400 micrograms (mcg)
Isosorbide Dinitrate	Isordil	5 milligrams (mg)

Slower Acting Nitrates

Name/Ingredient	Brand Name	Strength
Isosorbide Mononitrate	Imdur	60mg, 120mg
	Monodur	60mg, 120mg
	Duride	60mg
Glyceryl Trinitrate	Nitro Dur	5mg/24h, 10mg/24h, 15mg/24hrs
	Transiderm Nitro	5mg/24h, 10mg/24hrs
Nicorandil	Ikorel	10mg, 20mg

N.B Not all drugs and brand names are listed, see your Doctor or pharmacist if you have any questions.

What are Nitrates used for?

- ♥ To relieve and prevent angina.

How do Nitrates work?

- ♥ By relaxing and dilating the blood vessels in the body, oxygen supply to the heart is increased.

When should I Take Nitrates?

Quick Acting Nitrates

- ♥ Refer to handout 'How to Manage Chest Discomfort/Pain if it Occurs'.

Slower Acting Nitrates

- ♥ Most can be taken without regard to meals.
- ♥ If you are on a daily dose, it must be taken the same time each day.
- ♥ If you are taking more than one dose each day, the tablets must be spread evenly throughout the day.
- ♥ Always follow your doctor's advice.

NITRATES

Possible Side Effects

- ♥ Dizziness
- ♥ Nausea & Vomiting
- ♥ Flushing of face
- ♥ Headache
- ♥ Low Blood Pressure

Contact your GP if these side effects are severe or frequent.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

ASPIRIN

Name/Ingredient	Brand Name	Strength
Aspirin	Solprin	300mg
	Disprin	300mg
	Spren	300mg
	Aspro	320mg
	Cardiprin 100	100mg
	Cartia (Enteric Coated)	100mg
	Astrix (Enteric Coated)	100mg

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How does Aspirin Work?

♥ Aspirin prevents the platelets from becoming too sticky, which can cause blood to thicken and clots to form.

What is Aspirin used for?

- ♥ To prevent heart attacks and strokes.
- ♥ To prolong the life of angioplastied and stented coronary arteries and bypass grafts.

When should I Take Aspirin?

♥ Aspirin should be taken with or soon after food to lessen stomach irritation.

Possible Side Effects

- ♥ Stomach upsets
- ♥ Skin Rash
- ♥ Dizziness
- ♥ Nausea & Vomiting
- ♥ Indigestion
- ♥ Black or tarry stools

Black or tarry bowel motions may indicate bleeding from the stomach. Immediately stop taking these tablets and contact your doctor.

A prescription is not required for Aspirin. Ask your doctor or pharmacist which Aspirin is right for you.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

ACE INHIBITORS

Name/Ingredient	Brand Name	Strength
Captopril	Capoten Acenorm Captophexal	12.5mg, 25mg, 50mg
Enalapril	Renitec Amprace Enahexal Alphapril	5mg, 10mg, 20mg
Ramipril	Ramace Tritace	1.25mg, 2.5mg, 5mg
Lisinopril	Zestril Prinivil Lisodur	5mg, 10mg, 20mg
Trandalopril	Odrik Gopten	0.5mg, 1mg, 2mg
Quinapril	Accupril Asig	5mg, 10mg, 20mg
Fosinopril	Monopril	10mg, 20mg
Perindopril	Coversyl	2mg, 4mg, 8mg

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How do ACE Inhibitors Work?

- ♥ They inhibit the production of a chemical in the body that constrict blood vessels.
- ♥ They lower blood pressure.
- ♥ They reduce the workload of the heart.

What are ACE Inhibitors used for?

- ♥ To treat blood pressure.
- ♥ To protect the heart in heart failure.

When should I Take ACE Inhibitors?

- ♥ Most can be taken without regard to meals.
- ♥ If you are on a daily dose, it must be taken the same time each day.
- ♥ If you are taking more than one dose each day, the tablets must be spread evenly throughout the day.

ACE INHIBITORS

Possible Side Effects

Occasional: If these symptoms persist contact your doctor.

- ♥ Headache
- ♥ Persistent dry cough
- ♥ Dizziness
- ♥ Rash
- ♥ Altered Taste

Uncommon/potentially serious: Report to your doctor **immediately**.

- ♥ Swelling (especially around the face)

- ♥ Kidney failure (your doctor will periodically check your kidney function with blood tests).

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

BETA-BLOCKERS

Name/Ingredient	Brand Name	Strength
Atenolol	Tenormin Noten Anselol Tenlol Atehexal	50mg
Carvedilol	Dilatrend Kredex	3.125mg increasing to 25mg
Metoprolol	Betaloc Lopressor Minax Metahexal	50mg, 100mg

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How do Beta-Blockers Work?

- ♥ They reduce the heart rate (pulse) and the force of heart contraction. This reduces the oxygen requirements of the heart and the pressure exerted on the blood vessels.

What are Beta-Blockers used for?

- ♥ High Blood Pressure
- ♥ Angina
- ♥ After a heart attack
- ♥ For the treatment of abnormal heart rhythms

When Should I Take Beta-Blockers?

- ♥ Most can be taken without regard to meals.
- ♥ If you are on a daily dose, it must be taken the same time each day.
- ♥ If you are taking more than one dose each day, the tablets must be spread evenly throughout the day.
- ♥ Do not stop taking beta-blockers unless instructed by your doctor.

BETA-BLOCKERS

Possible Side Effects of Beta-Blockers

- ♥ Slow heart rate
- ♥ Rash
- ♥ Lethargy
- ♥ Stomach upset/diarrhoea
- ♥ Dizziness/low blood pressure
- ♥ Nightmares
- ♥ Insomnia
- ♥ Breathing difficulties
- ♥ Numbness, coldness or tingling of extremities

In diabetes symptoms of low or high blood sugars may be less obvious, so more regular monitoring of sugar levels is required.

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

CHOLESTEROL/LIPID LOWERING MEDICATIONS

Name/Ingredient	Brand Name	Strength
Fluvastatin	Lescol Vastin	20mg, 40mg
Pravastatin	Pravachol	5mg, 10mg, 20mg
Simvastatin	Lipex Zocor	5mg, 10mg, 20mg, 40mg, 80mg
Atorvastatin	Lipitor	10mg, 20mg, 40mg
Gemfibrozil	Jezil	600mg

	Gemhexal Lopid	
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N.B Not all drugs/ brand names are listed, see your Doctor or pharmacist if you have any questions.

How do Cholesterol/Lipid lowering medications work?

- ♥ They decrease cholesterol and triglyceride levels in the blood.
- ♥ Protect from heart disease.

What are Cholesterol/Lipid lowering medications used for?

- ♥ To lower blood fat levels in the body that can lead to coronary artery disease.

When Should I Take These Drugs?

- ♥ Statins – usually a single daily dose taken before bedtime.
- ♥ Gemfibrozil – usually twice a day ½ hour before meals (or with meals).

Possible Side Effects of Cholesterol/Lipid lowering medications

- ♥ Diarrhoea
- ♥ Constipation
- ♥ Headache
- ♥ Fever
- ♥ Nausea and vomiting
- ♥ Fatigue
- ♥ Muscle aches/pains/weakness
- ♥ Increased liver enzymes

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

CHOLESTEROL/LIPID LOWERING MEDICATIONS

Remember:

- ♥ These medications should be accompanied by a healthy low fat diet.
- ♥ Your Cholesterol and lipid levels should be tested regularly (3-6 monthly).
- ♥ Know your target Cholesterol and lipid levels.

WARFARIN

Name/Ingredient	Brand Name	Strength
Warfarin	Coumadin	1mg, 2mg, 5mg
	Marevan	1mg, 3mg, 5mg

How Does Warfarin Work?

♥ Warfarin helps to prevent or treat thrombosis (blood clots) by decreasing the clotting power of the blood.

What is Warfarin used for?

♥ To prevent or treat blood clots in the legs, lungs, coronary arteries and for those patients who have Atrial Fibrillation.

When Should I Take Warfarin?

♥ Warfarin is usually taken at night in a single daily dose.

♥ You will need to get into a daily routine, use a calendar and don't rely on your memory, as you cannot afford to miss a dose. If you do miss a dose and remember within 2- 3 hours you can still take the dose. But if more than 2 – 3 hours have lapsed do not take a catch up dose. Wait until your next dose is due and take your normal dose at that time. Tell your Doctor that you have missed a dose.

DO NOT TAKE A DOUBLE DOSE!

Possible Side Effects Of Warfarin

♥ Bleeding such as

- Cuts bleeding for longer than usual
- Nose bleeds occasionally
- Bleeding gums
- Heavier bleeding during periods or other vagina bleeding
- Dark red or dark brown urine
- Red or black faeces
- Increased Bruising

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

WARFARIN

Remember:

♥ YOU MUST HAVE AN **INR TEST DONE EVERY TIME YOUR DOCTOR ORDERS IT.**

♥ Don't take any Vitamin K or large amounts of Vitamin C.

♥ Let your Dentist or any other health professional know that you are taking Warfarin prior to any procedures.

IMPORTANT: Read this information sheet along with your Anticoagulant Therapy Booklet!

DIURETICS

Name/Ingredient	Brand Name	Strength
Frusemide	Frusehexal	40mg
	Lasix	20mg, 40mg
	Uremide	40mg
	Urex	20mg, 40mg
Bumetanide	Burinex	1mg
Spironolactone	Aldactone	25mg, 100mg
	Spiractin	
Hydrochlorothiazide	Dithiazide	25mg
Amiloride	Midamor	5mg
	Kaluril	
Amiloride + Hydrochlorothiazide	Amizide	5mg Amiloride + 50mg Hydrochlorothiazide
	Moduretic	

N.B Not all drugs/ brand names are listed, see your Doctor or pharmacist if you have any questions.

What are Diuretics Used For?

- ♥ High Blood Pressure
- ♥ Fluid Retention

How do Diuretics Work?

♥ These types of medications help to remove fluid from the body, i.e. Lungs, feet, ankles, legs, and abdomen. This usually happens via an increased production of urine.

When Should I Take Diuretics?

- ♥ Speak to your pharmacist or doctor!
- ♥ Some diuretics need to be taken with food.
- ♥ When taking Frusemide in 2 doses, take the 2nd dose at midday.
- ♥ DO NOT SKIP DOSES.

DIURETICS

Possible Side Effects of Diuretics

- ♥ Low potassium levels. You may need to have regular blood tests and also take potassium supplements, such as Slow K.
- ♥ Leg cramps
- ♥ Dizziness or light-headedness

- ♥ Incontinence (accidental urine leakage)
- ♥ Gout
- ♥ Rashes

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

DIGOXIN

Name/Ingredient	Brand Name	Strength
Digoxin	Lanoxin	250mcg
	Lanoxin PG	62.5mcg

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What is Digoxin Used For?

- ♥ Atrial Fibrillation (a fast, irregular heart rate)
- ♥ Congestive Heart Failure (when the heart muscle is weakened)

N.B. See pertinent accompanied booklet for more detailed explanation.

How Does Digoxin Work?

- ♥ Digoxin helps by slowing your heart rate and also improving the pumping ability of the heart muscle.

When Should I Take Digoxin?

- ♥ It is usually taken as a daily dose as prescribed by your doctor.

Possible Side Effects of Digoxin

- ♥ Nausea
- ♥ Loss of appetite
- ♥ Diarrhoea
- ♥ Confusion
- ♥ Blurred or yellow coloured vision
- ♥ Fast or forceful heart beat (palpitations)
- ♥ Slow heart rate

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.

CLOPIDOGREL

Name/Ingredient	Brand Name	Strength
Clopidogrel	Plavix Iscover	75mg

What is Clopidogrel Used For?

- ♥ Following Angioplasty and insertion of Coronary Artery Stent
- ♥ For patients who are allergic to Aspirin
- ♥ For patients with Coronary Artery Disease

How does Clopidogrel Work?

- ♥ Clopidogrel reduces the ability of platelets to stick together. This makes the blood less likely to form clots.

When Should I Take Clopidogrel?

- ♥ When given for Stent insertion, the starting dose is usually 4 tablets (as a single dose)
- ♥ After this the usual dose is ONE tablet daily, with or after food, as directed by your doctor.
- ♥ Clopidogrel is usually given with Aspirin for added benefit.

Possible Side Effects of Clopidogrel

- ♥ Bleeding
- ♥ Diarrhoea
- ♥ Skin Rash

Contact your doctor if these side effects occur.

Ask your Doctor or Pharmacist for more information as not all side effects are listed.