Angiotensin Converting Enzyme (ACE) Inhibitors

Medications:
- ☐ Benazepril (Lotensin®)
- ☐ Captopril (Capoten®)
- ☐ Enalapril (Vasotec®)
- ☐ Fosinopril (Monopril®)
- ☐ Lisinopril (Prinivil®, Zestril®)
- ☐ Moexepril (Univasc®)
- ☐ Perindopril (Aceon®)
- ☐ Quinapril (Accupril®)
- ☐ Ramipril (Altace®)
- ☐ Trandolapril (Mavik®)

How do ACE inhibitors work?
- Help open the blood vessels to allow the heart to pump blood more easily
- Help heart function after a heart attack
- Help stop heart attacks and strokes

What are the benefits of ACE inhibitors?
- Decrease blood pressure
- Improve symptoms of heart failure if present
- Help protect the heart muscle
- Reduce risk of heart attack, stroke, and cardiovascular death
- Increase your chances of living longer
- Decrease hospital visits

Are there any special directions for ACE inhibitors?
- Take on an empty stomach (1 hour before a meal)
- Sit up and stand slowly to prevent dizziness
- ACE inhibitors can cause your potassium to increase – use caution with potassium supplements, salt substitutes, and high potassium foods
  - Let your physician know if you are taking a potassium supplement (prescription or over-the-counter)
  - Do not use salt substitutes while on this medication
  - Limit foods and beverages that are high in potassium.
  - Note: Read labels on “low salt” or “low sodium” packaged foods to be sure potassium ingredients like potassium chloride are not added
- You may need to have your potassium levels checked regularly
- The effects of ACE Inhibitors will not appear right away – do not stop taking your medication if you feel it is not working
- Women: Stop taking this medication & contact your doctor right away if you become pregnant

What are common side effects of ACE inhibitors?
- Cough - if bothersome, notify your doctor
- Feeling dizzy, lightheaded, or faint. If symptoms become severe, call your doctor
- Altered taste (metallic or salty; often goes away)
- Signs of too much potassium: abnormal heartbeat, nervousness, numbness/tingling, shortness of breath, heaviness/weakness in legs
- Contact your doctor if you have swelling of legs, or a skin rash that is red and itchy
- Call 911 if you have swelling of your face, neck, or tongue that makes it hard to breathe

***If you have any of these side effects, contact your doctor, nurse, or pharmacist***