PRESBYTERIAN

HOW TO TAKE AN ARB

You are taking _____, which is an ARB. “ARB” stands for Angiotensin Receptor Blocker. ARBs are used to treat a wide variety of heart, kidney, and blood vessel diseases.

Take this medication according to the following routine:

❤ Take the medication as you are directed on the label. Do not suddenly stop taking the medication without consulting with your physician. This medication can be taken with or without food.

❤ If you forget a dose, take it as soon as you remember. If it is almost time for your next dose, wait until then and take the next regularly scheduled dose. Do not take extra medicine to make up a missed dose.

❤ Do not use salt substitutes or potassium supplements while taking this medication, unless your physician has told you to.

❤ Get up slowly from sitting and lying positions to decrease the chance of risk of getting dizzy.

❤ If you are pregnant or planning a pregnancy, do not use this medication without discussion with your physician. Taking an ARB during pregnancy can increase the risk of birth defects.

❤ If you have liver or kidney disease, diabetes, or heart failure, your physician may adjust the dose or order tests that help to use this medication safely.

❤ Most people take an ARB without side effects. Rare side effects include dizziness, headache, heartburn, cough, and muscle ache.

We are pleased to answer your questions or discuss your condition with other health care professionals.

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