PRESBYTERIAN

Albuquerque, NM

HOW TO TAKE AN ACE INHIBITOR

You are taking _____, which is an ACE inhibitor. "ACE" stands for Angiotensin Converting Enzyme. ACE inhibitors 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 drug, unless your physician has told you to do so.
- ♥ 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 ACE inhibitor 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 ACE inhibitor without side effects. The most common side effect is a dry, hacky cough (~ 10% of people). Other less common side effects include dizziness, headache, abnormal taste (metallic or salty), and rash. On rare occasions an ACE inhibitor can cause swelling of the lips and throat. If this happens, stop taking the ACE inhibitor and let your physician know.