

## Heart Failure Medication Information Sheet

- ACE-Inhibitors or ARBs or ARNI**      **Your medication:** \_\_\_\_\_
- These medications can help preserve the strength of your heart muscles. They are shown to decrease the risk of hospitalization and death due to heart failure.
  - Common Side Effects: low blood pressure, dizziness, high potassium, cough (with ACE-Inhibitors only)
  - Worrisome Side Effects: rash, tongue/face/throat swelling, decreased kidney function
- Beta Blockers**      **Your medication:** \_\_\_\_\_
- Beta blockers help maintain normal heart rate and rhythm, help preserve the strength of your heart muscles, improve symptoms, and decrease risk of hospitalization and death.
  - Common Side Effects: low heart rate, feeling tired, low blood pressure, dizziness
- Diuretics or “Water Pills”**      **Your medication:** \_\_\_\_\_
- Diuretics help decrease swelling and fluid overload that can lead to weight gain and shortness of breath. These work best when combined with a low-salt diet.
  - Common Side Effects: increased urination, dehydration, low blood pressure, dizziness

Your doctor may also prescribe one or more of these other medications:

- Spironolactone OR Eplerenone**      **Your medication:** \_\_\_\_\_
- May help preserve the strength of your heart muscles, decrease swelling and fluid overload, as well as reduce the risk of hospitalization and death in certain heart failure patients.
  - Common Side Effects: increased urination, high potassium, decreased kidney function
- Digoxin**      **Your medication:** \_\_\_\_\_
- May help with symptom control, improve ability to exercise, control heart rhythms, and decrease hospitalizations.
  - Worrisome Side Effects: nausea and vomiting, low heart rate, dizziness, vision changes
- Hydralazine plus Nitrate**      **Your medication:** \_\_\_\_\_
- May be used in patients that cannot take ACE-Inhibitors/ARBs/ARNI, or in addition to these agents for patients who are not well-controlled.
  - Common Side Effects: headache, low blood pressure, dizziness, stomach upset
- SGLT2-Inhibitor**      **Your medication:** \_\_\_\_\_
- Started as medication to treat diabetes, but found to help prevent hospitalization, worsening heart failure, or death due to heart failure.
  - Common Side Effects: increased urination, low blood pressure, urinary tract infections, genital yeast infections, ketoacidosis (The body breaks down fat to make energy - esp if not eating much or GI illness or not eating before planned surgery. Symptoms might be nausea, vomiting, stomach pain), low blood sugar
  - Worrisome Side Effects: kidney function decline seen as decreased urination
- Ivabradine (Corlanor)**      **Your medication:** \_\_\_\_\_
- Can help slow the heart rate (need to have heart rate is greater than 70 to start this medicine). Shown to decrease the risk of hospitalization for heart failure.
  - Common side effects: low heart rate, irregular heart beats