

ACE Inhibitors

Ramipril (Altace[®])

Perindopril (Coversyl[®])

Quinapril (Accupril[®])

Trandolapril (Mavik[®])

Enalapril (Vasotec[®])

Fosinopril (Monopril[®])

Lisinopril (Prinivil[®], Zestril[®])

Benazepril (Lotensin[®])

Cilazapril (Inhibace[®])

Captopril (Capoten[®])

Pharmacy Services

This is intended as a general reference.

It does not replace the advice given to you by your healthcare provider.

What are ACE Inhibitors used for?

We use this type of medicine for any of these reasons:

- To treat high blood pressure (hypertension)
- To improve heart function in people with heart failure
- To lower the chance of kidney problems in people with diabetes
- To lower the chance of heart attack, stroke and death in some people

In people with heart failure, ACE Inhibitors help to improve the strength and function of the heart and to improve exercise tolerance. They relax your blood vessels so your heart doesn't have to work as hard to pump blood through your body. ACE Inhibitors also lower blood pressure and reduce the risk of complications related to high blood pressure, such as a heart attack or stroke.

Why should I take this medication?

People with high blood pressure, heart failure, or high risk of getting heart disease might benefit from taking an ACE Inhibitor. ACE Inhibitors reduce the risk of heart attack, stroke, and dying from heart disease.

In people with heart failure, studies have shown that an ACE Inhibitor can improve heart function, reduce symptoms, and improve long-term health.

What should I expect?

Your blood pressure might drop soon after starting an ACE Inhibitor. You might feel dizzy or lightheaded for first few days, but this should improve over time. If you have heart failure, it can take several weeks or months for you to notice that your symptoms have improved.

How do ACE Inhibitors work?

ACE Inhibitors prevent the body from producing a hormone called angiotensin II by blocking the angiotensin converting enzyme or “ACE”.

Reducing the hormone helps relax blood vessels, reduces the amount of water reabsorbed by the kidneys, and reduces another hormone called aldosterone. These effects can lead to a lower blood pressure and improved heart function.

How do I take ACE Inhibitors?

- Take the ACE Inhibitor exactly as prescribed.
- Some are taken once a day and others two times a day in the morning and evening. How much you take can change several times before finding the best dose for you.
- It is best to take the medication at the same time each day so you don't miss a dose.
- If you do miss a dose, take it as soon as you remember. If you remember the next day or close to the time of your next dose, just take your next scheduled dose.
Do not double the dose to make up for the missed dose.
- Captopril (Capoten®) should be taken on an empty stomach. All other ACE Inhibitors can be taken with or without food.
- **Do not** stop taking the medication or adjust your dose without first talking to your healthcare provider.

What should I watch for?

Most people tolerate ACE Inhibitors well. Some side effects to watch for include:

- feeling lightheaded or dizzy
- persistent, dry cough

Contact your doctor or pharmacist if any of these side effects bother you or get worse.

Get medical help right away if any of these happen:

- new swelling of lips, eyes, or tongue
- a skin rash
- not urinating (peeing) as much as usual or going less often

Other helpful points

To keep from getting lightheaded or dizzy, move slowly when getting up from sitting or lying positions.

Some substances can interact with this medication. Check with your pharmacist or healthcare provider in these situations:

- Before starting new medications or supplements, including herbal medicines, and alternative and natural products
- Before taking non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, diclofenac, and celecoxib, or products that contain NSAIDs such as Advil Cold & Sinus

It is safe to take “Baby” Aspirin 81 mg.

ACE Inhibitors should not be taken during pregnancy. Tell your doctor if you are pregnant or plan to become pregnant.