

Angiotensin Receptor Blockers (ARBs)

Azilsartan (Edarbi®)

Candesartan (Atacand®)

Eprosartan (Teveten®)

Irbesartan (Avapro®)

Losartan (Cozaar®)

Olmesartan (Olmetec®)

Telmisartan (Micardis®)

Valsartan (Diovan®)

Pharmacy Services

This is intended as a general reference.

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

What are angiotensin receptor blockers used for?

We use ARBs (short for angiotensin receptor blockers) for any of these reasons:

- To treat high blood pressure (hypertension)
- To improve heart function in people with heart failure
- To reduce the chance of kidney problems in people with diabetes
- To lessen the chances of heart attack and stroke

In people with heart failure, ARBs help improve the strength and function of the heart and improve exercise tolerance. They relax your blood vessels so your heart doesn't have to work as hard to pump blood through your body. They 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 ARB. This is because they reduce the risk of heart attack, stroke, and death.

In people with heart failure, studies show that an ARB can improve heart function, reduce symptoms, and improve long-term health.

How does this medication work?

ARBs block the actions of a hormone called angiotensin II. This helps to relax the blood vessels, reduce how much liquid the kidneys reabsorb, and reduce another hormone called aldosterone. These effects can then lower blood pressure and improve heart function.

What should I expect?

Your blood pressure might drop soon after starting an ARB. You might feel dizzy or lightheaded for the 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 I take this medication?

- Take the ARB exactly as prescribed.
- Some ARBs are taken once a day and others 2 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.
- You can take these medications with or without food.
- **Do not** stop taking this medication or adjust your dose without first talking to your doctor or pharmacist.

What should I watch for?

Most people tolerate ARBs well.

Some side effects to watch for include:

- feeling lightheaded or dizzy
- headache
- feeling tired

To reduce these effects, change positions slowly when getting up from a sitting or lying position. Contact your doctor or pharmacist if any of these 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

Some substances can interact with this medication. Check with your pharmacist or doctor 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.

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