

Sacubitril-Valsartan in Heart Failure

You are taking, or will soon be taking, the medicine sacubitril-valsartan (say *sak-you-by-tril val-sar-tan*) to help manage your heart failure. Its brand name is Entresto®.

What is this medicine?

This is 2 medicines combined, sacubitril and valsartan. Together, they help relax your blood vessels, allowing blood to flow more freely and allowing your body to get rid of extra fluid.

How does this medicine help heart failure?

We use this medicine to treat certain types of heart failure. It can help reduce the work of your heart and might improve your ejection fraction. Because it relaxes your blood vessels, it lowers your blood pressure, makes it easier for you heart to pump, and improves blood flow.

Using this medicine might keep your heart failure from getting worse, reduce the chances of hospital stays, and help you live longer.

What are some side effects to watch for?

Tell your doctor or get medical help *right away* if you notice any of these bad side effects:

- lightheaded, dizzy, or pass out
(*signs of low blood pressure*)
- changes in your urine
(*signs of kidney problems*)
- weak muscles, slow or irregular heartbeat, confused (*signs of high blood potassium*)
- rash, hives, itching, swelling of the face, throat, tongue, lip, or eyes
(*signs of an allergic reaction*)

Can I reduce the side effects?

Yes. Here are some ways you can reduce your chances of having these side effects:

- Get up slowly when changing positions, such as from lying to standing or sitting to standing.
- Limit foods and drinks that are high in potassium, such as oranges, grapefruits, bananas, tomatoes, potatoes, carrots, spinach, and lentils.
- Drink fluids as directed by your doctor.
- Go for bloodwork as requested by your doctor so they can monitor your potassium level and kidney function.

Contact your doctor *right away* in these situations:

- new or worsening side effects
- new or worsening signs of heart failure

How do I take this kind of medicine?

You can take it with food or on an empty stomach.

Take it around the same time each day as directed by your doctor. Your doctor could change the dose, depending on how it affects you.

What if I miss taking a dose?

If you miss a dose, take your next dose at its usual time. **Do not** take 2 doses at the same time.

Is there anything else I should know?

- Let your doctor know if you take any other blood pressure medicines.
- Always check with your doctor before you stop taking this medicine.