

ACE INHIBITORS

captopril, cilazapril, enalapril, lisinopril, perindopril, quinapril, trandolapril



Other names: Capoten® Inhibace® Inhibace Plus® ZApril®
 Renitec® m-Enalapril® Arrow-Enalapril® Arrow-Lisinopril®
 Prinivil® Coversyl® Accupril® Gopten®

Important note: The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

Why you are taking this medicine?

These medicines belong to a group known as Angiotensin-Converting Enzyme Inhibitors (ACEI or ACE-inhibitor). They are used to treat high blood pressure (hypertension) and congestive heart failure. They can also be used after a heart attack and in diabetic people to protect their kidneys.

ACE-inhibitors blocks a natural substance produced by the body which rises blood pressure. The inhibition of this substance (angiotensin) leads to the relaxation of the blood vessels, lowering of blood pressure and an increased supply of blood and oxygen to the heart and body tissues.

High blood pressure adds to the workload of the heart and arteries. If the blood pressure is continuously high it can cause damage to these organs, which could result in stroke, heart or kidney failure. These problems are less likely to occur if blood pressure is controlled.

What you can do to reduce your high blood pressure

- If you are overweight, watch what you eat to maintain a lower body weight.
- Do more exercise – aim for at least 30 minutes of moderate activity five times a week.
- If you drink alcohol, try to reduce your daily consumption.
- Reduce your salt and sugar intake.
- Stop smoking.

When to take this medicine

The dose of the ACE-inhibitor should always be taken at the same time with respect to food. For instance, always take each dose with food or always on an empty stomach.

The medicine is usually taken in the morning.

If you miss a dose

Take your dose as soon as possible except when it is close to the time for your next dose. If it is almost time for next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

Side effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Call your doctor or speak to your pharmacist **immediately** if you have any of these side effects:

- unexplained fever, chills or sore throat
- pain on passing urine, pass less urine than usual or notice blood in the urine
- swelling of the face, lips or tongue

Tell your doctor or pharmacist if you have these side effects:

- persistent dry cough. This is common to this group of medicines and can be very annoying. It usually starts in the first week of therapy
- skin rash
- dizziness
- diarrhoea
- nausea
- taste disturbance (such as metallic or salty taste) e.g. with captopril it is usually reversible after 2 to 3 months.

The list of side effects is not complete. Tell your doctor or pharmacist if any of these side effects are of a concern to you.

Pregnancy

ACE-inhibitors are usually not recommended during pregnancy. If you become pregnant while taking an ACE-inhibitor or you are planning on becoming pregnant, talk to your doctor straight away.

Other medicines

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

This medicine can increase the amount of potassium in your body. Do not take **potassium supplements** (e.g. Span K or Chlorvescent) with these medicines unless directly advised by your doctor. Do not use salt substitutes or other substances that contain potassium. This includes products bought from a pharmacy, health food shop or supermarket.

A group of medicines known as NSAIDs (Non Steroidal Anti-inflammatory drugs) can interfere with ACE-inhibitors. The NSAIDs increase the risk of renal (kidney) injury and increase the potassium blood level. Examples of NSAIDs that can be bought without a prescription are:

- ibuprofen (Nurofen, I-Profen, Panafen, Act-3, Maxigesic)
- diclofenac (Voltaren, Cataflam)
- naproxen (Naprogenic, Sonaflam)

Do not take these medications unless your doctor prescribes them for you.

Storage

Keep all medicines out of the reach of children.

Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.