

Care Transitions & Reduction in Hospitalization

aahfn.org

American Association of Heart Failure Nurses



Common Heart Failure Medications

Ace Inhibitors and Angiotensin Receptor

Blockers:

Losartan, Lisinopril (ends with pril or sartan)

Purpose: is to slow down your heart disease, help your heart heal and reduce damage to your heart tissue, help with your kidney disease (if applicable), help with your high blood pressure. This medication also helps you stay out of the hospital and live longer. You are not taking this medication for high-blood pressure.

Common side-effects: dry cough, increase in blood potassium levels, low blood pressure, dizziness

Contact your healthcare provider if: you have swelling of your face or tongue, you have an irregular heartbeat, difficulty urinating, or urine is dark orange or brown, a cough that won't go away

Aldosterone Antagonist:

Spironolactone, Eplerenone

Purpose: this medication helps your heart heal and reduces damage to the heart, it helps you stay out of the hospital and live longer. You are not taking this medication as a water pill.

Common side-effects: high blood potassium levels, kidney problems, breast swelling in males, stomach upset, erectile dysfunction

Contact your healthcare provider if: you have an irregular heartbeat, trouble urinating or change in urination, vomiting, dizziness or weakness or fainting

Angiotensin Receptor Neprilysin Inhibitor ARNIs:

Entresto

Purpose: this medication is a combination of two medications. It slows down your heart disease, helps your heart heal and reduces damage to the heart tissue. This medication also helps you stay out of the hospital and live longer.

Common side-effects: dizziness, low blood pressure, high blood potassium levels, problem with your kidneys

Contact your healthcare provider if: you feel faint, you have an irregular heartbeat, difficulty urinating, or urine is dark orange or brown, a cough that won't go away

Verquvo

Vericiguat or Verquvo

Purpose: this medication reduces the risk of death from heart failure or other heart issues.

Common side-effects: low blood pressure and anemia (low red cell count)

Contact your healthcare provider if: you are pregnant or planning to become pregnant, are dizzy or faint, weak, bruise easily

Beta-blockers:

Coreg, Metoprolol (end with lol)

Purpose: is to slow down heart disease, help you live longer, help you stay out of the hospital, and may also slow your heart rate. Beta blockers also help to slow or stop any more damage to your heart. You are not taking this medication for high-blood pressure.

Common side-effects: Low blood pressure, slow heart rate, tiredness, cold hands and/or feet.

Contact your healthcare provider if: you have shortness of breath that is worse, extreme dizziness or feeling faint

Diuretic (water pill):

Lasix, Bumex, Hydrochlorothiazide

Purpose: these medications help with your symptoms such as shortness of breath and leg swelling. There are different water pills that work in separate parts of the kidney. Your health care provider may add a second water pill to your medications. Water pills/diuretics will help you feel better and may keep you out of the hospital. Your healthcare provider may adjust the dose depending on how you feel and/or if your weight changes.

Common side-effects: increase urination, low blood potassium, dehydration, joint pain (gout)

Contact your healthcare provider if: you are dizzy or very weak, you have a rash, muscle cramps, irregular heartbeat

If Channel blocker:

Corlanor

Purpose: this medication slows your heart rate and keeps you out of the hospital. This may be added to your medications even if you are taking a beta blocker.

Common side-effects: slow heart rate, increase in blood pressure, temporary flashes of light in your eyes, atrial fibrillation (irregular heartbeat).

Contact your healthcare provider if: dizziness, extreme weakness, or fatigue

SGLT2 inhibitors:

Jardiance and Farxiga

Purpose: lower your risk of heart-related death and keep you out of the hospital.

Common side-effects: urinary tract infection, genital yeast infections, increased urination, increase in cholesterol, nausea, thirst, low blood pressure, low blood sugar, broken bones

Contact your healthcare provider if: severe bone pain, problem with urination, very dry mouth along with nausea and vomiting, excessive thirst.