

HEART FAILURE MEDICATIONS

Angiotensin Converting Enzyme inhibitors (ACEi)/Angiotensin II Receptor Blockers (ARB)

ACEis, or ARBs improve the pumping function of the heart. ACEis end in "pril" like perindopril. ARBs end in "sartan" like candesartan.

Side effects: high potassium, dizziness, light-headedness, and dry cough (ACEis only).

Monitor: potassium levels, kidney function, blood pressure.

OR

Angiotensin II Receptor Blocker and Neprilysin Inhibitor (ARNi)

Improves heart failure and symptoms. Used in place of ACEis or ARBs.

Example: sacubitril/valsartan (Entresto®)

Side effects: low blood pressure, dizziness, light-headedness.

Monitor: potassium levels, kidney function, blood pressure.

Beta Blockers

Slow down the heart rate, decreasing the workload of the heart and help the heart recover. All beta blockers end in "lol" like bisprolol.

Side effects: dizziness, light-headedness, fatigue.

Monitor: heart rate, blood pressure.

Mineralocorticoid Receptor Antagonist (MRA)

Improve heart function and symptoms, and help get rid of excess fluid. MRAs are spironolactone and eplerenone.

Side effects: high potassium, increased urination, increase in breast size and tenderness in men .

Monitor: potassium levels, kidney function, blood pressure.

Sodium-glucose Transport Protein 2 Inhibitors (SGLT2i)

SGLT2 inhibitors like dapagliflozin and empagliflozin decrease symptoms, reduce hospital visits and improve heart function.

Side effects: increased urination, genital fungal infections.

Monitor: blood pressure, kidney function

These are the most common medications used for heart failure, you may also be on other medications depending on your individual condition.

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CENTRE CARDIAQUE DU NOUVEAU BRUNSWICK



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MEDICATION SCHEDULE

Name of Medication	Dose	Morning	Lunch	Evening	Bedtime
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Insert name, dose, and time of administration in the table and checkboxes provided!

Helpful Resources

New Brunswick Heart Centre (nbheartcentre.ca)

Heart and Stroke Foundation of Canada | Home

University of Ottawa Heart Institute

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