

HYPERTENSION MEDICATIONS

Angiotensin converting enzyme inhibitors (ACEi)/Angiotensin II receptor blockers (ARB)

Work in the kidneys to decrease blood pressure and protect the heart. ACEis end in "pril" like perindopril. ARBs end in "sartan" like candesartan.

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

Monitor: potassium levels, kidney function, blood pressure

Calcium channel blockers (CCBs)

CCBs like amlodipine and nifedipine work in blood vessels to decrease blood pressure. Diltiazem and verapamil will lower your heart rate and blood pressure.

Side effects: dizziness, light-headedness, flushing, swelling in the legs

Monitor: heart rate, blood pressure

Diuretics

Work in the kidneys to get rid of excess fluid and decrease blood pressure. Examples include furosemide, indapamide, and hydrochlorothiazide

Side effects: dizziness, light-headedness, increased urination

Monitor: potassium levels, kidney function, blood pressure

Beta Blockers

Slow down heart rate and decrease blood pressure. Beta blockers end in "lol" like metoprolol and bisoprolol.

Side effects: dizziness, light-headedness, fatigue.

Monitor: heart rate, blood pressure.

Nitrates

Widen blood vessels to decrease blood pressure. Examples include isosorbide dinitrate (ISDN), isosorbide-5 mononitrate (IDMN) and patches.

Do not use with erectile dysfunction medications.

Side effects: dizziness, light-headedness, headache

Monitor: blood pressure

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

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NEW BRUNSWICK HEART CENTRE
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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