Angiotensin II Receptor Blockers (ARB)

Information for patients

Read this medicine fact sheet to learn about:
• What this medicine is
• Why you need to take it
• What side effects to watch for

What is the name of my medicine?
Angiotensin (pronounced An – gio – ten – sin) II Receptor Blockers or ARB.

Other names for this medicine:

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
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</thead>
<tbody>
<tr>
<td>Losartan</td>
<td>Cozaar</td>
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<tr>
<td>Irbesartan</td>
<td>Avapro, generics</td>
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<tr>
<td>Valsartan</td>
<td>Diovan, generics</td>
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<tr>
<td>Candesartan</td>
<td>Atacand, generics</td>
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<tr>
<td>Telmisartan</td>
<td>Micardis, generics</td>
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<tr>
<td>Eprosartan</td>
<td>Teveten</td>
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Why do I need to take this medicine?
• To lower blood pressure. This medicine helps relax your blood vessels, letting blood flow more easily.
To lower your risk of stroke, heart failure or a heart attack
To treat heart failure or after a heart attack.

What do I need to know when taking this medicine?

• Take each dose at the same time each day, and don’t miss any doses. This medicine works best when there is a constant amount in your blood.

• Don’t change the dose or stop taking this medicine without talking to your doctor or pharmacist, even if you feel well.

• This medicine can make you feel dizzy. To avoid feeling dizzy, stand up slowly if you have been sitting or lying down. Drinking alcohol can make dizziness worse. Do not drive a car or use heavy machines if this medicine makes you feel dizzy.

• Talk to your doctor about using a different medicine if you are pregnant or planning to become pregnant. This medicine may harm your baby if you take it during pregnancy. Talk to your doctor if you are breastfeeding.

• **Always check with your doctor or pharmacist before taking any other medicine.** This includes:
  • medicines prescribed by a doctor or bought in a pharmacy
  • vitamins or herbal remedies
  • supplements and salt substitutes that may contain potassium

What are the side effects of this medicine?

• Feeling dizzy
• Feeling tired
• Headache
• Can increase the amount of potassium in your body
• Can affect how well your kidneys work
• Diarrhea

Some side effects may go away as your body gets used to the medicine.
Call your doctor right away if you:

- Fainted or feel very light headed
- Have a fever or a sore throat
- Have a skin rash or hives
- Have difficulty breathing or swallowing
- Notice swelling in your face, eyes, lips, tongue, arms or legs

What should I do if I miss a dose?

- Take a missed dose as soon as you remember.
- If it is close to the time for your next dose, skip the missed dose and take the next dose at your normal time.
- Do not take 2 doses at the same time.

Who do I talk to if I have a problem or question?

This fact sheet does not cover all of the side effects that may happen. If you are concerned about any side effects, please ask your doctor or pharmacist for more information or advice.

If you are not sure what to do when taking this medicine, talk to your doctor or pharmacist.

This fact sheet was created by the University Health Network Pharmacy Department. It is for your information only. It should not replace talking with your pharmacist. Please talk to your pharmacist or other health care professional if you have any questions about this medicine.

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