

Medications used for treating Heart Failure:

There are several types of medicines that are used to manage heart failure. You likely will be taking several medications prescribed by your doctor.

1) **Diuretics** (“water pills”) – this group of drugs works in your kidneys to get rid of extra fluid through your urine.

I am taking: _____

2) **Angiotensin converting enzyme inhibitors** (ACE inhibitors) – these drugs work by opening up the blood vessels and making it easier for the heart to pump blood throughout your body. Your blood pressure may be lowered and your heart won't have to work as hard. Use of ACE inhibitors for heart failure contributes to a longer, healthier life.

I am taking: _____

3) **Beta-blockers** – these drugs may also lower your blood pressure and heart rate and can improve how the heart muscle works. They can block harmful chemicals in your body that can make heart failure worse. Use of beta-blockers in heart failure contributes to a longer, healthier life.

I am taking: _____

4) **Spirolactone** – this drug can block a harmful stress hormone in your body that can make heart failure worse. If you take this medication, you will need to have your blood tested regularly to make sure the levels of “potassium” in your blood is normal.

I am taking: _____

5) **Angiotensin Receptor Blockers** (ARB) – These medications may lower blood pressure and reduce the stress on your heart and are sometimes used to treat heart failure.

I am taking: _____

Remember to take your medication at the same time everyday. Take your medications even when you feel well.

Always make sure to check with your doctor or healthcare provider before taking any over-the-counter medicine or herbal supplements.