

| MEDICATION  | HOW IT WORKS  | SIDE EFFECTS  | OTHER INFORMATION   |
|---|---|---|---|
| <p><b>Angiotensin converting enzyme Inhibitor (ACE)</b></p> <p><b>Angiotensin receptor Blocker (ARB)</b></p> <p><b>Angiotensin II receptor blocker (ARNI)</b></p> <ul style="list-style-type: none"> <li>• Lisinopril (PRINIVIL) (ZESTRIL)</li> <li>• Enalapril (VASOTEC)</li> <li>• Losartan (COZAAR)</li> <li>• Candesartan (ATACAND)</li> <li>• Valsartan (DIOVAN)</li> <li>• Valsartan/sacubitril (ENTRESTO)</li> </ul> | <ul style="list-style-type: none"> <li>• Decreases how hard the heart must work by opening the blood vessels</li> <li>• Improves weakened heart muscle and minimizes heart scarring</li> <li>• Protect kidneys in patients with diabetes</li> <li>• Treats high blood pressure</li> <li>• Decreases HF hospitalizations and risk of death from HF</li> </ul>  | <ul style="list-style-type: none"> <li>• Dizziness especially with standing or sitting quickly</li> <li>• Dry cough (ACE only)</li> <li>• Abnormal taste</li> <li>• Swelling of lips or throat</li> </ul>   | <ul style="list-style-type: none"> <li>• Avoid alcohol</li> <li>• Lab work to monitor kidney function and potassium level</li> <li>• Do not use salt substitutes with this medication can cause elevated potassium level</li> </ul> |
| <p><b>Beta Blockers</b></p> <ul style="list-style-type: none"> <li>• Metoprolol Succinate (TOPROL XL)</li> <li>• Carvedilol (COREG)</li> <li>• Bisoprolol (ZEBETA)</li> </ul>   | <ul style="list-style-type: none"> <li>• Blocks harmful stress hormones (“fight or flight” or adrenalin) that worsen heart failure</li> <li>• Help control blood pressure and slows how fast the heart beats</li> <li>• Prevent heart attacks</li> <li>• Improved survival benefit</li> <li>• Improves weakened heart muscle</li> <li>• Helps with angina/chest pain symptoms</li> <li>• Treats mood/neurological conditions</li> </ul> | <ul style="list-style-type: none"> <li>• Tiredness – should improve with time</li> <li>• Fluid retention</li> <li>• Wheezing or shortness of breath</li> <li>• Low blood pressure</li> <li>• Slow heart rate</li> <li>• Dizziness</li> <li>• Depression</li> <li>• Change in sexual desire</li> </ul> | <ul style="list-style-type: none"> <li>• Do not stop suddenly</li> <li>• Do not run out of this medicine</li> <li>• Take missed doses as soon as possible</li> <li>• Weigh yourself daily</li> </ul>                                |
| <p><b>Aldosterone Antagonists</b></p> <ul style="list-style-type: none"> <li>• Spironolactone (ALDACTONE)(CAROSPIR) (SPIROZONE)</li> <li>• Eplerenone (INSPRA)</li> </ul>   | <ul style="list-style-type: none"> <li>• Blocks the harmful effects of aldosterone (hormone that worsens heart failure)</li> <li>• Mildly increases urination to help reduce swelling</li> <li>• Decreases HF hospitalizations and death from HF</li> </ul>   | <ul style="list-style-type: none"> <li>• Breast enlargement or tenderness</li> <li>• Increased potassium levels</li> </ul>  | <ul style="list-style-type: none"> <li>• Labs work to monitor kidney function and potassium level</li> <li>• Do not use salt substitutes with this medication</li> </ul>  |

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| <p><b>Sodium Glucose Co-Transporter 2 (SGLT2)</b></p> <ul style="list-style-type: none"> <li>Empagliflozin (JARDIANCE)</li> <li>Dapagliflozin (FARXIGA)</li> </ul>   | <ul style="list-style-type: none"> <li>Reduces HF hospitalizations for diabetic and non-diabetic patients</li> <li>Protects kidneys</li> <li>Helps to lower blood sugar</li> </ul>  | <ul style="list-style-type: none"> <li>Urinary irritation or infection</li> <li>Low blood sugars if diabetic</li> </ul>       | <ul style="list-style-type: none"> <li>Drink plenty of fluids</li> <li>Take in the morning</li> <li>Caution with standing up too quickly</li> </ul>   |
| <p><b>Cardiovascular Agent</b></p> <ul style="list-style-type: none"> <li>Ivabradine (CORLANOR)</li> </ul>   | <ul style="list-style-type: none"> <li>Slows how fast your heart beats</li> <li>Reduces HF hospitalizations Helps beta blockers work better</li> </ul>  | <ul style="list-style-type: none"> <li>Low heart rate (heart beats slower)</li> <li>Temporary brightness of vision</li> </ul> | <ul style="list-style-type: none"> <li>If you miss dose, skip and resume dosing</li> </ul>  |
| <p><b>Cardiac Glycosides</b></p> <ul style="list-style-type: none"> <li>Digoxin (DIGITALIS) (LANOXIN)</li> <li>(DIGITEK)</li> </ul>  | <ul style="list-style-type: none"> <li>Makes the heart beat stronger</li> <li>Slows heart rate</li> <li>Help corrects hormonal levels that may be harmful for HF</li> <li>Decreases HF hospitalizations</li> </ul>  | <ul style="list-style-type: none"> <li>Dizziness</li> <li>Headache</li> </ul>   | <ul style="list-style-type: none"> <li>Too much may cause nausea, vomiting, blurred or colored vision, abnormal heart rhythm, palpitations, or black outs.</li> <li>Monitor drug level with lab work to evaluate kidney function and potassium level-goal blood level &lt;1.0)</li> </ul>   |
| <p><b>Nitrate/Antianginal</b></p> <ul style="list-style-type: none"> <li>Isosorbide Dinitrate (ISORDIL)</li> <li>Isosorbide Mononitrate (IMDUR)</li> </ul> <p><b>OTHER - Antianginal:</b></p> <ul style="list-style-type: none"> <li>Ranolazine (RANEXA)</li> </ul> <p><b>Antihypertensive/Peripheral Vasodilator</b></p> <ul style="list-style-type: none"> <li>Hydralazine (APRESREX) (APRESOLINE) (ADROLAZINE)</li> </ul> | <ul style="list-style-type: none"> <li>Decreases how hard the heart must work by opening the blood vessels</li> <li>Helps reduce the risk of death from HF in African Americans</li> <li>Use hydralazine &amp; nitrate in combination when ACE/ARB/ARNI contraindicated</li> </ul>              | <ul style="list-style-type: none"> <li>Headaches</li> <li>Dizziness</li> <li>Nausea/Vomiting</li> <li>Lightheaded</li> </ul>  | <ul style="list-style-type: none"> <li>Headaches can be helped with acetaminophen or gradual increase of dose over a couple weeks</li> <li>Avoid dehydration</li> <li>Get up slowly from bed or chair to decrease dizziness</li> </ul>  |
| <p><b>Diuretics</b></p> <ul style="list-style-type: none"> <li>Furosemide (LASIX)</li> <li>Torsemide (DEMADEX)</li> <li>Bumetanide (BUMEX)</li> <li>Metolazone (ZAROXOLYN)</li> <li>THIAZIDE DIURETIC – CAUTIOUS USE</li> </ul>  | <ul style="list-style-type: none"> <li>Helps your body get rid of extra fluid by increasing urination.</li> <li>Less fluid in your lungs makes it easier to breath and reduces swelling in your body</li> <li>Provides some symptom relief, but alone does not improve heart failure</li> </ul> | <ul style="list-style-type: none"> <li>Dizziness</li> <li>Low blood pressures</li> </ul>                                      | <ul style="list-style-type: none"> <li>Problems with low potassium levels/leg cramps</li> <li>Lab work to evaluate kidney function and potassium levels</li> <li>Dehydration – do daily weights report weight losses or weight gains of 2 pounds in 24 hours or 5 pounds in 1 week</li> <li>Minimize sodium intake to 2 grams a day or less than 100mg/serving</li> <li>Take before 5pm every day to help reduce the need to get out of bed to urinate</li> </ul> |