

# Managing medications: ACEI - angiotensin converting enzyme inhibitor

## Take this medicine to...

- prevent more heart damage after a heart attack.
- prevent damage to my kidneys if I am diabetic.
- treat fluid overloaded if I have a weak heart.
- treat high blood pressure.

It works by blocking a chemical that causes my veins and arteries to squeeze. My heart can pump blood more easily while taking this medicine.

## Precautions:

- Avoid alcohol and excessive heat, they may cause dizziness.
- Talk to your doctor immediately if you become pregnant. Don't breast-feed while taking this medicine
- Tell your health providers and dentist every medicine you take, including vitamin, supplements, herbs, and over-the-counter medicines.
- Check your blood pressure at least every 3 months, more often when it is not at goal.
- If I miss my dose I can take it late. I won't take it too close to the next dose, however. I don't double up to catch up, that may cause problems.
- Report side effects or other health problems to your doctor!

## Common side effects include...

- diarrhea
- dry cough
- flushing
- leg swelling
- rash
- tiredness
- dizziness
- dyspepsia
- headache
- nausea
- tingling
- weakness

## Serious side effects include...

- chest pain
- angioedema
- rapid heartbeat
- vomiting
- trouble breathing
- neutropenia
- jaundice

## Other medicines that interact with ACEI include...

- allopurinol
- diuretics
- insulin
- potassium
- capsaicin
- indocin
- phenothiazines
- salt substitutes