

Your medication information for Chronic Heart Failure



Introduction

Medicines for heart failure are used in combination with lifestyle changes to:

- ♥ Improve your energy levels and ability to carry out activities.
- ♥ Reduce swelling and shortness of breath.
- ♥ Stop your heart failure from becoming worse.
- ♥ Help you stay out of hospital and live longer.

You may be treated with a combination of medicines to achieve these goals.

Tips for taking your medicines

Learn the active ingredient names of your medicines.

- ♥ Many medicines have more than one brand name available.
- ♥ In most cases it doesn't matter which brand you use, but switching brands can be confusing.
- ♥ To avoid mistakes, remember your medicines by their active ingredient names.

Keep an up-to-date list of your medicines with you in your wallet or handbag.

- ♥ Include the details of any medicines you are allergic to or have had a bad reaction to.
- ♥ Bring your list with you to all your medical appointments.

Tell your pharmacist if you have trouble managing your medicines.

- ♥ They can help you find ways to make it easier, such as a weekly tablet organiser.

Tell your doctor or pharmacist if you have concerns about side effects.

- ♥ All medicines can cause side effects, but serious side effects are rare.
- ♥ Do not be alarmed by the list of possible side effects, as you may not experience any.
- ♥ If you do have side effects, your doctor and pharmacist can help you to manage them.

Do not stop taking your medicines unless your doctor tells you to.

- ♥ Stopping some medicines suddenly can make your heart failure symptoms worse.
- ♥ Always make sure you have enough medicines so you do not run out.

If you forget to take a dose of medicine, skip that dose and take the next dose as usual.

- ♥ Do not take a double dose to catch up.

Check with your doctor or pharmacist before taking any other medicines.

- ♥ This includes medicines you buy over the counter from a pharmacy or health food shop.
- ♥ Some medicines can interact with your heart failure medicines or worsen your symptoms.
- ♥ Do not use anti-inflammatory pain relievers (such as ibuprofen, aspirin or diclofenac) unless advised by your doctor. Paracetamol is generally safe to use.

Store your medicines in a cool, dry, dark place out of the reach of children.

Do not share your medicines with others, even if they have the same symptoms as you.



For more advice about information in this leaflet, contact:

Monash Medicines Information -

Version 2.1, April 2017

Tel (03) 9594 2361

Consumer reviewed

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Further information

This leaflet answers some common questions about medicines for heart failure, but does not include all the available information. If you have any concerns about taking your medicines, or if you would like to know more, please speak to your doctor or pharmacist.



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