

## Department of Cardiology/Pharmacy

# ACE-Inhibitors

<b>Examples:</b>	<b>Captopril</b>	<b>Ramipril</b>
	<b>Enalapril</b>	<b>Perindopril</b>
	<b>Lisinopril</b>	<b>Trandalopril</b>

### Action

ACE-Inhibitors are used to treat many problems. They:

- help to control high blood pressure
- help to cut down the work load of your heart
- help to reduce problems after a heart attack if your heart has been damaged

### Taking your ACE-inhibitor

Your doctor will choose which ACE-inhibitor you should take. Some are taken once a day but some are taken more often. Your doctor might increase the dose of your ACE-inhibitor until you get the most benefit from it. Always follow the instructions on the label of your medicine.

### Problems to watch for

- You might feel dizzy when you take the first dose of an ACE-inhibitor. Your doctor will probably advise you to take the first dose at bedtime or when you are lying down.
- If you are taking an ACE-inhibitor to help your heart to work better, you must tell your doctor if you notice that you are getting more short of breath or if your ankles start to swell.
- ACE-inhibitors can cause some side effects. Tell your doctor if you get problems with:
  - A persistent dry cough.
  - A skin rash.
  - A sore throat or high temperature which keeps coming back.
  - Swelling of your throat or face.
  - Nausea, vomiting, abdominal pain and sometimes diarrhoea or constipation.
  - An upset stomach, indigestion, diarrhoea or constipation.
- **Women who are pregnant should not take ACE-inhibitors.**
- Women who are breast-feeding should talk to the doctor before taking an ACE-inhibitor. The doctor will want to discuss the risks and benefits with you.
- Tell your doctor if you notice any strange effects from taking your ACE-inhibitor.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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