

## Department of Nephrology/Pharmacy

# Angiotensin II Inhibitors

### Examples

The following are some examples of brand names of Angiotensin II inhibitors:

- Candesartan
- Olmesartan
- Losartan
- Valsartan
- Irbesartan

### What are angiotensin II inhibitors and what do they do?

Angiotensin II inhibitors are used to help to control high blood pressure (also known as hypertension).

The kidneys have a major influence on blood pressure and it is particularly important to monitor blood pressure in patients who have kidney disease. There are three reasons for this:

- Many kidney diseases cause high blood pressure – high blood pressure is very common in people with kidney diseases or failing kidneys.
- High blood pressure can cause further damage to diseased kidneys.
- People with kidney disease and failure are at high risk of developing heart disease and circulation problems.

### Why am I prescribed an angiotensin II inhibitor?

An angiotensin II inhibitor has been prescribed for you to help to control your blood pressure and to help prevent further damage to your kidneys which may be caused by high blood pressure.

If you have had ACE inhibitors in the past and have had side effects, you may have been prescribed an angiotensin II inhibitor (such as lisinopril, Ramipril or Perindopril) as an alternative. For some patients an angiotensin II inhibitor may be prescribed in addition to an ACE inhibitor.

## How do I take my angiotensin II inhibitor?

Most angiotensin II inhibitors are taken once daily and can be taken regularly at any time of the day. If you feel dizzy or light headed after taking a dose, it may be best to take your angiotensin II inhibitor before going to bed.

## Do I need to have any tests or be monitored because I am taking an angiotensin II inhibitor?

You will need to have your blood pressure monitored frequently by your doctor.

Your doctor will alter the dose(s) of your high blood pressure medicines if your blood pressure is too high or too low.

Your doctor will also monitor your potassium level and kidney function closely as these can be affected by angiotensin II inhibitors. **It is important that your potassium level and renal function are checked by your GP one week after starting to take these tablets – make sure that you make an appointment at your surgery for a blood test to be done.**

## Are there any side effects?

The main adverse effects seen with angiotensin II inhibitors include:

- An upset stomach
- Indigestion
- Diarrhoea or constipation

These side effects should be mild but if you have any concerns about these or any other side effects please contact your doctor or specialist nurse for advice.

## Are there any problems taking angiotensin II with any other medications?

You should avoid any medicine which contains a high level of potassium whilst you are taking an angiotensin II inhibitor. Such medicines include many indigestion remedies (such as Gaviscon® Advanced) and remedies for cystitis (such as Effercitrate®) that you can buy at all pharmacies and many supermarkets and garages.

Only take tablets prescribed for you by your doctor and check with your pharmacist before taking any new medicines.

## Further information

**Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.**

If you have any other questions about your medication, please contact the medicines helpline on 01223 217502.



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)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

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### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

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### Document history

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Contact number	01223 217502 (Medicines Helpline)
Publish/Review date	July 2010/July 2013 (no changes made)
File name	AngiotensinIIinhibitors.doc
Version number/Ref	2/PIN1863