**ACE-I**

**1. Can I go out in the sun while taking an angiotensin converting enzyme inhibitor (ACEI)?\***

You can go out in the sun while taking an angiotensin converting enzyme inhibitors (ACEI). But you should always protect yourself from the sun. Cover your skin and use sunscreen.

Rarely, people taking an ACEI have a reaction in the sun. Sunlight can cause a skin rash, itching, or sunburn. Contact your doctor if you notice any skin changes or rashes after starting an ACEI.

*Block the rays for fun in the sun!*

**2. Are there any activities I should avoid while taking an angiotensin converting enzyme inhibitor (ACEI)?\***

You do not have to avoid any activities while taking an angiotensin converting enzyme inhibitor (ACEI). But you should take care when starting any new medicine until you know how it will affect you. Most people have no problems going about their daily routine while taking an ACEI.

If you do find a normal activity suddenly makes you feel dizzy or lightheaded, lie down and call your doctor right away. This can be a sign of that your blood pressure is too low. Sometimes your doctor may tell you to take it easy for a little while by being less active. They may have you change your diet, fluid intake, or medicine dosage. This can help even out your blood pressure. For most people, the symptoms go away as they get used to the medicine.

Keep up the good work! Don’t let high blood pressure stop you from living life.

*Less Pressure, More Health!*

**3. What should I do if I accidentally take an extra dose of an angiotensin converting enzyme inhibitor (ACEI)?\***

Most people who take an extra dose of an angiotensin converting enzyme inhibitor (ACEI) will be fine. But it’s important to let your doctor know right away. Usually, your doctor will have you check your blood pressure at home and have you watch for symptoms for a day. Sometimes they may ask you to come into their office. Rarely, they will tell you to go to the emergency room. But usually you won’t need to.

When you take two doses of an ACEI, there is a slight chance your blood pressure may drop too low. Watch for symptoms of low blood pressure like nausea, dizziness, rapid heart rate, or weakness. Let your doctor know if you start having these symptoms.

Avoid taking an extra dose in the future. Try to take your medicine at the same time every day. Use a pillbox or other system to help keep track of your pills. This will help prevent you from accidentally missing or taking an extra dose.

*Every day, that’s the way!*

**4. How do angiotensin converting enzyme inhibitors (ACEI’s) work?\***

Angiotensin converting enzyme inhibitors (ACEI’s) lower blood pressure by blocking the effects a hormone called angiotensin II in your body. This allows your blood vessels to relax and widen.

Angiotensin II in your blood stream makes your blood vessels become narrower. It becomes harder for your blood to flow through the narrow space. It also makes it harder for your heart to pump blood. This causes your blood pressure to go up. It also puts stress on your blood vessels and organs, like your brain and heart.

Angiotensin II also triggers a hormone that makes your body hold more water. More fluid in your body with less space to flow can cause your blood pressure to go up.

Angiotensin converting enzyme inhibitors (ACEI’s) lower blood pressure by blocking the effects of angiotensin II. ACEIs allow your blood vessels to relax and widen. This makes your blood flow more easily. ACEIs also lower the amount of salt and water your body retains.

Remember: *Less Pressure, More Health!*

**5. What do I do if I forget to take a dose of an angiotensin converting enzyme inhibitor (ACEI)?\***

If you miss a dose of an angiotensin converting enzyme inhibitor (ACEI), take it as soon as you can. If it is almost time for your next dose, skip the missed dose and go back to your normal dosing schedule. If you are not sure what to do, contact your doctor or pharmacist. **Never take 2 doses at once.** This can be harmful and cause your blood pressure to get too low.

Here are some good ways to remember to take your medicine every day:

* Talk to your doctor about making a plan for if you miss a dose
* Set reminders or alarms on your cell phone or alarm clock
* Mark off the day in a calendar every time you take a dose
* Use a day-of-the-week pill box and put it where you can see it easily (be sure it is out of reach of any children)
* If you have a lot of pills to remember, download a medicine reminder tool onto your cell phone, tablet, or computer

*Every day, that’s the way!*

**6. How should I store my angiotensin converting enzyme inhibitors (ACEIs)?\***

Store angiotensin converting enzyme inhibitors (ACEI) pills in a tightly closed container at room temperature. Room temperature is between 59ºF to 86ºF. Keep the container in a dry place.

Don’t forget! Always keep ACEIs and all medicines out of reach of children.

**7. How long does it take for angiotensin converting enzyme inhibitors (ACEIs) to start lowering blood pressure?**

Angiotensin converting enzyme inhibitors (ACEIs) start lowering blood pressure within 30 minutes to 4 hours of the first dose. It takes anywhere from 2 to 4 weeks at a starting dose for an ACEI to have the most effect.

Sometimes your doctor will raise your dose if you are not meeting your blood pressure goals on the starting dose.

Each person is different. There are 10 ACEIs your doctor can choose for you. Your doctor will work with you to find the best medicine and the lowest dose that helps you meet your blood pressure goals. So stick with the plan and take your pill daily.

*Less Pressure, More Health!*

**8. Should I take an angiotensin converting enzyme inhibitor (ACEI) with food or not?**

Three types of angiotensin converting enzyme inhibitors (ACEIs) must be taken on an empty stomach. This means taking the medicine at least 1 hour before or 2 hours after eating. The 3 ACEIs are:

* Captopril (Capoten)
* Moexipril (Univasc)
* Perindopril (Coversyl, Coversum, Preterax, Aceon)

Other types of ACEIs can be taken with or without food.

**9. Do I need to avoid any foods while taking an angiotensin converting enzyme inhibitor (ACEI)?**

You don’t have to avoid any foods while taking an angiotensin converting enzyme inhibitor (ACEI).

Three types of ACEIs must be taken on an empty stomach. This means taking the medicine at least 1 hour before or 2 hours after eating. The 3 ACEIs are:

* Captopril (Capoten)
* Moexipril (Univasc)
* Perindopril (Coversyl, Coversum, Preterax, Aceon)

Other types of ACEIs can be taken with or without food.

**ARBs**

**10. How should I store my angiotensin receptor blocker (ARB) pills?\***

Store angiotensin receptor blocker (ARB) pills in a tightly closed container at room temperature. A tightly closed container does not let in light or moisture. It does not come off accidentally and spill your pills. Room temperature is between 59ºF to 86ºF. Keep the container in a dry place.

Don’t forget! Always keep ARBs and all medicines out of reach of children.

**11. Do I need to avoid any foods while taking an angiotensin receptor blocker (ARB)?**

You do not have to avoid any foods while taking an angiotensin receptor blocker (ARB).

**12. Should an angiotensin receptor blocker (ARB) be taken with food or not?**

Angiotensin receptor blockers (ARBs) do not have to be taken with food. Eating before or after taking an ARB will not change how well the drug works.

For best results, take your medicine at the same time every day with food or without food.

*Every day, that’s the way!*

**13. Can I take an angiotensin receptor blocker (ARB) while pregnant?**

Do NOT take an angiotensin receptor blocker (ARB) if you are pregnant. ARBs can cause injury and death to the developing baby.

If you become pregnant, stop taking your ARB immediately. Talk to your doctor right away about other ways to manage your high blood pressure.

In fact, experts say that women of child-bearing age should not take ARBs.

**14. Can I drink alcohol while taking an angiotensin receptor blocker (ARB)?**

Many doctors believe drinking a small amount of alcohol while taking an angiotensin receptor blocker (ARB) is safe for most people.  But if you do choose to drink, use caution and drink moderately.

Moderate drinking is up to one drink per day for women and up to two drinks for men. Be extra careful when you first start or raise the dose of an ARB until you know how it will affect you.

Alcohol can raise your blood pressure. If you have high blood pressure, use care when drinking. Alcohol can also make you dizzy and dehydrated. Too much alcohol can cause long-term health problems like heart disease, stroke, liver disease, and cancers.

*Drink less – to your health!*

**15. What time of day should I take an angiotensin receptor blocker (ARB)?**

Take your angiotensin receptor blocker (ARB) at the same time every day. You decide what works best for your schedule -- morning or night -- with or without food. It doesn’t matter, as long as you do it the same way every day.

Most ARBs are taken once a day. For most people, the effects of an ARB last 24 hours.

Take your medicine at a time you will remember. Be sure to take it around the same time every day. This keeps your blood pressure at a smooth level. No big ups or downs.

Some people use day-of-the-week pillboxes or an alarm to remind them. Use what works for you to stay on schedule.

*Same time every day, that’s the way!*

**16. How long before angiotensin receptor blockers (ARBs) will start to lower blood pressure?**

Angiotensin receptor blockers (ARBs) start lowering blood pressure within 1 to 4 hours of the first dose. When you start an ARB, it takes anywhere from 2 to 4 weeks to see the most effect. Sometimes your doctor will raise your dose if you are not meeting your blood pressure goals on the starting dose.

Each person is different. There are 8 ARBs your doctor can choose for you. Your doctor will work with you to find the best medicine and the lowest dose that helps you meet your blood pressure goals. So, stick with the plan and take your pill daily.

*Less Pressure, More Health!*

**17. What do angiotensin receptor blockers (ARBs) treat?**

Angiotensin receptor blockers (ARBs) are used treat high blood pressure, heart disease, and kidney disease.

Lowering your blood pressure can help prevent damage to the blood vessels, heart, brain, and kidneys. Studies show that ARBs lower the chance of these problems.

ARBs can help people with heart disease. ARBs may prevent or improve heart failure. ARBs may also help after a heart attack to prevent further damage.

ARBs can slow kidney disease from getting worse. People who have both diabetes and kidney disease may benefit the most from adding an ARB to their treatment plan.

*Lower Your Blood Pressure, for a Healthier You!*