

Medicines for high blood pressure

ACE inhibitors (medicines ending in 'pril')

My ACE inhibitor is called: _____

ACE inhibitors:

- ▶ relax the pipes taking blood around your body
- ▶ make it easier for your heart to pump
- ▶ protecting the heart after a heart attack.

Can be used for:

- ▶ heart not pumping well (heart failure)
- ▶ protecting the heart after a heart attack.

Tell your doctor if you:



might be pregnant



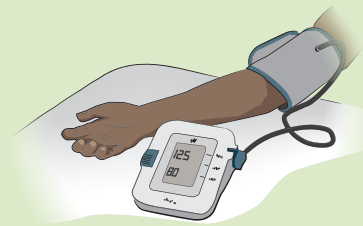
are pregnant



are breastfeeding

as an ACE inhibitor may not suit you.

Staying healthy



Have regular check ups



Quit smoking,
cut back on alcohol and
other drugs



Be active



Eat healthy tucker

Some medicines do not go well with an ACE inhibitor

- ▶ **ibuprofen** (like Nurofen®), **diclofenac** (like Voltaren®), **naproxen** (like Naprogesic®) and other medicines.

Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all the medicines** you are taking.

This includes medicines

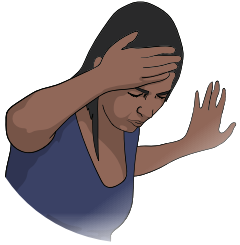
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



Side effects of ACE inhibitors

ACE inhibitors can cause unwanted effects (side effects). Side effects do not happen to everyone and they often go away after a short time.

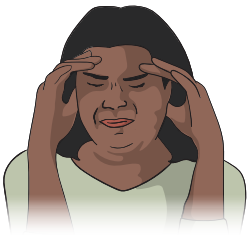
Mild and common side effects



Dizziness



Cough



Headache



Tummy troubles

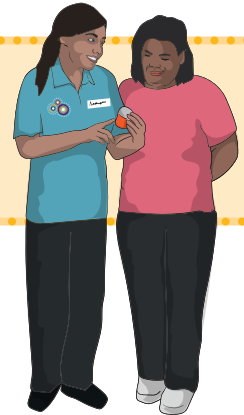
Serious side effects

A **serious** and **uncommon** side effect of ACE inhibitors can be swelling in the face and throat. This can make it hard to swallow or breathe.



If this happens you need to call 000 and ask for 'ambulance' or call a doctor straight away.

Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about any **side effects** you are having.



- ✓ Take the medicine as the doctor has told you
- ✓ Set reminders for when to take the medicine
- ✓ Keep taking the medicine until the doctor says to stop
- ✗ Please don't share the medicine, it could be harmful to others

Extra information for me

My next appointment: _____

nps.org.au

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