

SMART about Cardiac Medications

S-Start by making a list of all your medications

- Your nurse or health care provider can review your medications and provide you with a list
- Include prescribed and over-the-counter medication, vitamins and supplements
- Include the name, dose and frequency of each medication and the reason you take it
- Include medication allergies on the list as well

M-Make sure you carry an accurate medication list in your wallet

- Update your medication list each time your medications change
- Review your list and/or bring all your medication bottles to your appointments to be sure your list is accurate and your healthcare providers know what you are taking.

A-Ask for written information about your medication

- Your healthcare provider or cardiac rehab nurse or pharmacist can give you written information sheets about your medication
- The information should include:
 - Name and the reason you are taking the medicine
 - When to take the medicine and how often
 - Warnings about the medication and things to avoid while taking, such as driving, drinking alcohol or eating certain foods
 - List of common side effects

R-Remember to take your medications

- Use a weekly pill box, calendar, checklist or alarm on your cell phone to help you remember

T-Talk with your healthcare provider

Tell your healthcare provider the following:

- If you are having trouble taking your medication or having side effects
- About any allergies to medicine or food
- If you want to stop taking a medicine
- If you might become pregnant or nursing a baby

SMART START:

1. Put a check by strategies above that you are using now
2. Circle strategies you could start using to help you take your medicines safely.

Cholesterol Lowering Agents

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| <p>STATINS</p> | <p>Prescribed for post heart attack, post stent, or those at risk for development of heart disease. Statin improves cholesterol and protects blood vessels.</p> <ul style="list-style-type: none"> • Atorvastatin (Lipitor) • Simvastatin (Zocor) • Rosuvastatin (Crestor) • Pravastatin (Pravachol) • Lovastatin (Altoprev, Mevacor) • Fluvastatin (Lescol, Lescol XL) • Pitavastatin (Livalo) |
| <p>CHOLESTEROL ABSORPTION INHIBITOR</p> | <ul style="list-style-type: none"> • Ezetimibe (Zetia) |
| <p>PCSK9 INHIBITOR</p> | <p>Injectable prescription medication. Taken every 2 weeks.</p> <ul style="list-style-type: none"> • Repatha (Evelocumab) • Alirocumab (Praluent) |
| <p>NICOTINIC ACID</p> | <ul style="list-style-type: none"> • Niacin, Nicotinic Acid, Vitamin B₃ (Niaspan, Niacor) |
| <p>RESINS</p> | <ul style="list-style-type: none"> • Cholestyramine (Questran, Questran Light) • Colestipol (Colestid) • Colesevelam (Welchol) |
| <p>FIBRATES</p> | <ul style="list-style-type: none"> • Fenofibrate (Tricor) • Gemfibrozil (Lopid) |

- ❖ Advicor combines Niacin and Lovastatin in one pill
- ❖ Caduet combines Atorvastatin and Amlodipine
- ❖ Omega-3 fatty acids are sometimes prescribed and can be a prescription medication (Lovaza, Omtryg)

Common Cardiac Medications

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| BETA-BLOCKERS | <p>Prescribed for high blood pressure, angina, rhythm problems, heart failure, as well as post heart attack, post stent, to lower heart rate and blood pressure.</p> <ul style="list-style-type: none"> • Metoprolol (Toprol XL; Lopressor) • Atenolol (Tenormin) • Carvedilol (Coreg) • Nadolol (Corgard) • Propranolol (Inderal) • Timolol (Blocadren) • Labetalol (Normodyne, Trandate) |
| ACE INHIBITORS & ANGIOTENSIN RECEPTOR BLOCKERS (ARB) | <p>ACE INHIBITORS: Prescribed for post heart attack, post stent, high blood pressure, heart failure, kidney protection in patients with diabetes.</p> <ul style="list-style-type: none"> • Lisinopril (Zestril, Prinivil) • Ramipril (Altace) • Enalapril (Vasotec) • Trandolapril (Mavik) <p>ARB: maybe used for patients who cannot take ACE Inhibitors</p> <ul style="list-style-type: none"> • Losartan (Cozaar) • Irbesartan (Avapro) • Valsartan (Diovan) • Candesartan (Atacand) |
| ANTIPLATELETS | <p>Reduces risk of blood clots after a heart attack, catheterization procedure, stent, stroke or for patients at risk for developing heart disease.</p> <ul style="list-style-type: none"> • Salicylates (Aspirin) • Clopidogrel Bisulfate (Plavix) • Ticagrelor (Brilinta) • Prasugrel (Effient) • Ticlopidine (Ticlid) |
| ANTICOAGULANTS | <p>Prevent blood clots. Often prescribed to reduce the risk of stroke in patients with artificial heart valves or atrial fibrillation.</p> <ul style="list-style-type: none"> • Warfarin (Coumadin) • Dabigatran (Pradaxa) • Rivaroxaban (Xarelto) • Apixaban (Eliquis) |

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| <p>CALCIUM CHANNEL BLOCKERS</p> | <p>Prescribed for high blood pressure, irregular heartbeats, angina.</p> <ul style="list-style-type: none"> • Amlodipine (Norvasc, Lotrel) • Diltiazem (Cardizem, Tiazac) • Felodipine (Plendil) • Nifedipine (Adalat, Procardia) |
| <p>DIURETICS (Water Pills)</p> | <p>Prescribed for high blood pressure and heart failure.</p> <ul style="list-style-type: none"> • Spironolactone (Aldactone) • Furosemide (Lasix) • Hydrochlorothiazide /HCTZ (Microzide) |
| <p>NITRATES</p> | <p>Prescribed to relieve and reduce recurrence of angina.</p> <ul style="list-style-type: none"> • Nitroglycerine Sublingual (Nitrostat) • Nitropatch (Nitro-Dur, Transderm-Nitro) • Nitroglycerine Lingual Spray (Nitrolingual Pumpspray) • Isosorbide Mononitrate (Imdur) • Isosorbide Dinitrate (Isordil) |
| <p>ANTIANGINALS</p> | <p>Prescribed to relieve and reduce recurrence of angina.</p> <ul style="list-style-type: none"> • Ranolazine (Ranexa) |