

St Martin's Practice Patient Information Leaflet

Your ACEI / ARB medication

You have been started on a medicine which is part of a group of medicines called ACEI or ARB. This leaflet gives some information about these medicines and how we will check that they are effective.

How ACEI and ARB medications work

You have been prescribed medications known as either ACEI or ARB. This may be to lower your blood pressure, decrease your risk of a heart attack or stroke, or to slow the progression of kidney disease. Both ACEI and ARB block the actions of some of the hormones that help regulate blood pressure. By stopping these hormones from working, the medicine helps reduce the amount of water in your blood and also widens your arteries, both of which will reduce your blood pressure.

If you have a tummy bug / develop diarrhoea or vomiting, you should stop your ARB /ACE until it resolves and then re-start.

(ACEI stands for angiotensin-converting-enzyme inhibitor. ARB stands for Angiotensin receptor blockers.)

Why we need to check your kidney function and blood pressure

While you are taking ACEI or ARB you will need to have blood and urine tests. This is because these medications have been known to reduce the supply of blood to the kidneys, which can reduce their efficiency.

The blood and urine tests will be:

- before starting the medication
- 7-10 days after starting the medication
- and then annually
- and also 7-10 days after any change in dose to your ACEI or ARB.

The blood and urine tests will be carried out at the surgery by our healthcare assistant. You should pre-book a routine appointment..

Why we need to check your blood pressure If you are taking an ACEI or ARB for High Blood Pressure

The medicine has been prescribed to lower your blood pressure. After you start the medicine, then you should arrange to see our health care assistant to check your blood pressure after 7 to 10 days. This will tell us the effect that the medication is having on your blood pressure. Your blood pressure check may be at the same time as you are having your blood and urine checks.

What will happen as a result of the blood pressure check?

One of two things will happen as a result of the blood pressure check:

EITHER

Your blood pressure will have reached the normal range. If this is the case then we will inform you. You will continue on the same dose of medication. You can move to annual blood pressure checks and blood and urine tests.

OR

Your blood pressure will still be above the normal range. If this is the case then we will amend your prescription to an increased dose of ACEI or ARB which you should start taking immediately. You should also arrange to see our health care assistant to check your blood pressure again, 7 to 10 days after you start the increased dose. This process will continue until your blood pressure is within the normal range.

Side effects of ACEI and ARB

The side effects of ACE inhibitors can include:

- dizziness
- tiredness or weakness
- headaches
- a persistent, dry cough

Most of these side effects should pass within a few days, although some people continue to have a dry cough. If you experience these symptoms, and they persist for longer than a few days, then contact your Doctor or pharmacist.