



TAKE YOUR TABLETS AS PRESCRIBED

AVOID SKIPPING DOSES

IF YOU DEVELOP SIDE EFFECTS PLEASE DISCUSS  
OTHER OPTIONS WITH YOUR DOCTOR



### CALCIUM CHANNEL BLOCKERS (CCBs)

*e.g. amlodipine, nifedipine*

**Good for stroke reduction**

**Prevent cardiovascular disease**

**Side effects:**

- Swollen ankles (10%), constipation (<1%)



### THIAZIDE AND THIAZIDE-LIKE DIURETICS

*i.e. hydrochlorothiazide (thiazide), chlorthalidone (thiazide-like)  
indapamide (thiazide-like)*

**Prevent heart failure and cardiovascular events**

**Side effects:**

- Low blood levels of potassium, sodium
- Frequent urination especially on treatment commencement
- Increased blood sugar level, uric acid,



### ANGIOTENSIN CONVERTING ENZYME INHIBITORS (ACE INHIBITORS)

*e.g. enalapril, perindopril, lisinopril*

**Prevent cardiovascular disease**

**Added benefit for lowering albumin in urine and delaying  
kidney disease.**

**Side effects:**

- Dry cough is the most common
- Angio-oedema (<1%)- swollen face and lips which may progress to difficulty in breathing (stop the medication and see your doctor immediately), dry cough (3-35%)
- Increased creatinine (kidney impairment) and increased potassium



### LOOP DIURETICS

*i.e. furosemide (loop)*

**Indication:**

- Loop Diuretic for fluid overload and kidney failure

**Side effects:**

- Dehydration, gout, muscle cramps, renal failure and potassium



### MINERALOCORTICOID RECEPTOR ANTAGONISTS (MRAs)

*i.e. spironolactone, epleronone*

**Benefit in heart failure**

**Side effects:**

- Tender or breast enlargement in men, high potassium in blood



### ANGIOTENSIN RECEPTOR BLOCKERS (ARBs)

*e.g. losartan, telmisartan, valsartan*

**Prevent cardiovascular disease**

**Added benefit for lowering albumin in the urine and delaying  
kidney disease**

**Side effects:**

- Increased creatinine (kidney impairment) and hyperkalemia



### ALPHA BLOCKERS

*e.g. doxazosin, prazosin*

**Useful if prostatic enlargement is present**

**Side effects:**

- Dizzy (5-19%), headaches (6-10%), drowsiness



### BETA BLOCKERS

*e.g. atenolol, bisoprolol, carvedilol*

**Benefit in heart failure, after heart attacks**

**Side effects:**

- Asthma (0.4-2%), drop in BP on standing or sudden posture change (2-4%)
- Bradycardia, fatigue