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Each medication has its own side effects. You can learn more about the side effects of any medication you take by reading the medication information handouts provided by your hospital or pharmacist. These handouts tell you about the side effects you may notice and when to contact your doctor.

In general, contact your doctor or go to the nearest hospital if you have:

• trouble breathing
• fast or irregular heart beats
• fainting
• bleeding – nosebleeds, black or bloody stools, red urine
• dizziness
• severe stomach pain
• severe skin rash
• increased swelling in both ankles, legs, feet or hands
• severe tiredness or weakness
• severe skin rash
• severe breathing
• severe swelling in both ankles, legs, feet or hands
• severe tiredness or weakness

Call your doctor, nurse or pharmacist if you have any questions about your medication.

Carry an up-to-date list of your medications and dosages with you all the time.

What do I need to know about my medications before I leave the hospital?

You, your family members and partner need to know:

• the correct name and dose of your medications
• why you are on these medications
• how to take your medications correctly
• where to keep your medications
• the possible side effects of your medications
• how to refill your prescription

Your nurse, doctor and pharmacist will help you learn this information about your medications while you are at the hospital. Your community pharmacist will review this information with you each time you refill your prescription as well.

What medications help?

Medications are used for many reasons. You will have your own medication plan to follow based on your condition. You may need medication to:

• help prevent blood clots
• help prevent another stroke
• lower your blood pressure
• lower cholesterol
• help your heart beat more slowly and strongly

It is important that you take your medications as prescribed. Never take anyone else’s medications. Do not share your medications with other people.

What are the common medications?

The chart on the next few pages lists the common medications used to prevent stroke and treat heart disease. Medication names are listed by their generic name first and then some of the common trade names in brackets.

As many companies can make the same medication, not all names are listed. New medications often come on the market that may not be listed.

If you have any questions, please ask your doctor, nurse or pharmacist.
## Stroke medications

### Type of medication

#### Angiotensin-Converting Enzymes (ACE) Inhibitors:

- benazepril (Lotensin®)
- captopril (Capoten®, Apo-Capto®)
- cilazapril (Inhibace®)
- enalapril (Vasotec®)
- fosinopril (Monopril®)
- lisinopril (Prinivil®, Zestril®)
- quinapril (Accupril®)
- perindopril (Coversyl®)
- ramipril (Altace®)
- trandolapril (Mavik®)

- **What medication does**
  - lowers blood pressure
  - used to treat heart failure
  - reduces risk of heart attack and stroke

*Do not take both an ACE and an ARB medication together.*

#### Angiotensin Receptor Blockers (ARB)

- candesartan (Atacand®)
- eprosartan (Teveten®)
- irbesartan (Avapro®)
- losartan (Cozaar®)
- telmisartan (Micardis®)
- valsartan (Diovan®)

- **What medication does**
  - lowers blood pressure
  - may be used instead of ACE Inhibitor if that medication causes you to cough

*Do not take both an ACE and an ARB medication together.*

#### Beta Blockers

- acebutolol (Sectral®, Monitran®)
- atenolol (Tenormin®)
- bisoprolol (Monocur®)
- carvedilol (Coreg®)
- metoprolol (Lopressor®)
- pindolol (Visken®)
- propranolol (Inderal®)
- timolol (Blocadren®)

- **What medication does**
  - lowers heart rate and blood pressure
  - helps to treat and prevent angina
  - helps to prevent a heart attack in patients who have had one

*Do not take these medications if you have asthma.*

#### Calcium Channel Blockers

**Heart rate controlling:**

- diltiazem (Cardizem®, Cardizem®SR, Cardizem®CD, Tiazac®)
- verapamil (Isoptin®, Isoptin SR®)

- **What medication does**
  - helps prevent and treat angina
  - used to lower heart rate and/or blood pressure

#### Diuretics

- furosemide (Lasix®)
- hydrochlorothiazide (Apo Hydro®/Novo-Hydrazide®)
- indapamide (Lozide®)

- **What medication does**
  - lowers high blood pressure
  - removes excess fluids from the body to reduce swelling

#### Lipid Lowering Agents - Statins:

- atorvastatin (Lipitor®)
- fluvastatin (Lescol®)
- lovastatin (Mevacor®)
- pravastatin (Pravachol®)
- rosuvastatin (Crestor®)
- simvastatin (Zocor®)

- **What medication does**
  - lowers your total cholesterol and your bad (LDL) cholesterol
  - may lower triglycerides
  - may increase your good (HDL) cholesterol
  - helps prevent another stroke, even when your blood cholesterol is normal

#### Lipid Lowering Agents - Fibrates:

- bezafibrate (Bezalip®)
- fenofibrate (Lipidil Micro®)
- gemfibrozil (Lopid®)

#### Lipid Lowering Agents - Others:

- ezetimibe (Zetrol®)
- nicotinic acid (Niacin)

- **What medication does**
  - used to prevent blood clots or platelets from sticking together
  - helps to reduce the chance of stroke
  - you may be on more than one of these medications

#### Platelet Inhibitors and Anticoagulant Medications

- acetylsalicylic acid, ASA (Aspirin®, Entrophen®, Novasen®)
- acetylsalicylic acid, ASA+ dipyridamole (Aggrenox®)
- clopidogrel (Plavix®)
- ticlopidine (Ticlid®)
- warfarin (Coumadin®)

- **What medication does**
  - used to prevent blood clots or platelets from sticking together
  - helps to reduce the chance of stroke
  - you may be on more than one of these medications
# Stroke medications

<table>
<thead>
<tr>
<th>Generic and Trade Names</th>
<th>What medication does</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of medication</strong></td>
<td></td>
</tr>
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| Angiotensin-Converting Enzymes (ACE) Inhibitors: | - lowers blood pressure  
- used to treat heart failure  
- reduces risk of heart attack and stroke |
| benazepril (Lotensin®) |                     |
| captopril (Capoten®, Apo-Capto®) |                     |
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Do not take both an ACE and an ARB medication together.

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<th>Angiotensin Receptor Blockers (ARB)</th>
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| candesartan (Atacand®) | - lowers blood pressure  
- may be used instead of ACE Inhibitor if that medication causes you to cough |
| eprosarten (Teveten®) |                     |
| irbesartan (Avapro®) |                     |
| losartan (Cozaar®) |                     |
| telmisartan (Micardis®) |                     |
| valsartan (Diovan®) |                     |

Do not take both an ACE and an ARB medication together.

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<tr>
<th>Beta Blockers</th>
<th>What medication does</th>
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</table>
| acebutolol (Sectral®, Monitran®) | - lowers heart rate and blood pressure  
- helps to treat and prevent angina  
- helps to prevent a heart attack in patients who have had one |
| atenolol (Tenormin®) |                     |
| bisoprolol (Monocur®) |                     |
| carvedilol (Coreg®) |                     |
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| Heart rate controlling:  | - helps prevent and treat angina  
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| diltiazem (Cardizem®SR, Cardizem®CD, Tiazac®) |                     |
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| fenofibrate (Lipidil Micro®) |                     |
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| ezetimibe (Ezetrol®) | - lowers your total cholesterol and your bad (LDL) cholesterol  
- may lower triglycerides |
| nicotinic acid (Niacin) |                     |

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<tr>
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| acetylsalicylic acid, ASA (Aspirin®, Enterphen®, Novasen®) | - used to prevent blood clots or platelets from sticking together  
- helps to reduce the chance of stroke |
| acetylsalicylic acid, ASA+ dipyridamole (Aggrenox®) |                     |
| clopidogrel (Plavix®) |                     |
| ticlopidine (Ticlid®) |                     |
| warfarin (Coumadin®) |                     |

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