

Angiotensin II Receptor Blockers

What it does:

- Helps lower high blood pressure.
- Helps protect your kidney and heart.
- Helps the heart work better in people with heart failure.

How it works:

- Relaxes your blood vessels to help lower blood pressure.
- Lowers pressure inside the kidneys. This may help slow kidney disease and reduce the amount of protein lost in your urine.

How to take it:

- Can be taken with or without meals.
- Take this medicine exactly as your doctor tells you, even if you feel well.
- If you have vomiting or diarrhea, or cannot drink enough fluids, call your healthcare provider. You may become dehydrated and need to hold this medication until you feel better.
- This medicine may increase potassium levels, talk to your healthcare team before using salt substitutes or eating large amounts of high potassium foods.
- If you miss a dose, take the missed medication as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule.

Possible side effects:

- May cause dizziness, especially when you first start taking this medicine or after your dose is increased.

Call your doctor if you have any of these:

- New dizziness, light-headedness, faint upon rising up
- New skin rash and/or itch, fever, joint pain, sunlight sensitivity
- Swelling of face, mouth, hands, feet, trouble swallowing/breathing
- May increase blood potassium level which could result in tingling toes and fingers, muscle weakness and irregular heartbeat.