



National University
Heart Centre
Singapore

Heart Medications



Journey to a Healthy Heart

Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- **Heart Medications**
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Coronary Angiography and Angioplasty: A Patient's Guide

<https://www.nuhcs.com.sg/Heart-Health/About-Heart-Conditions/Documents/Coronary-Angiography-and-Angioplasty-A-Patient-Guide.pdf>

NUHCS Advice on Cardiac Medications

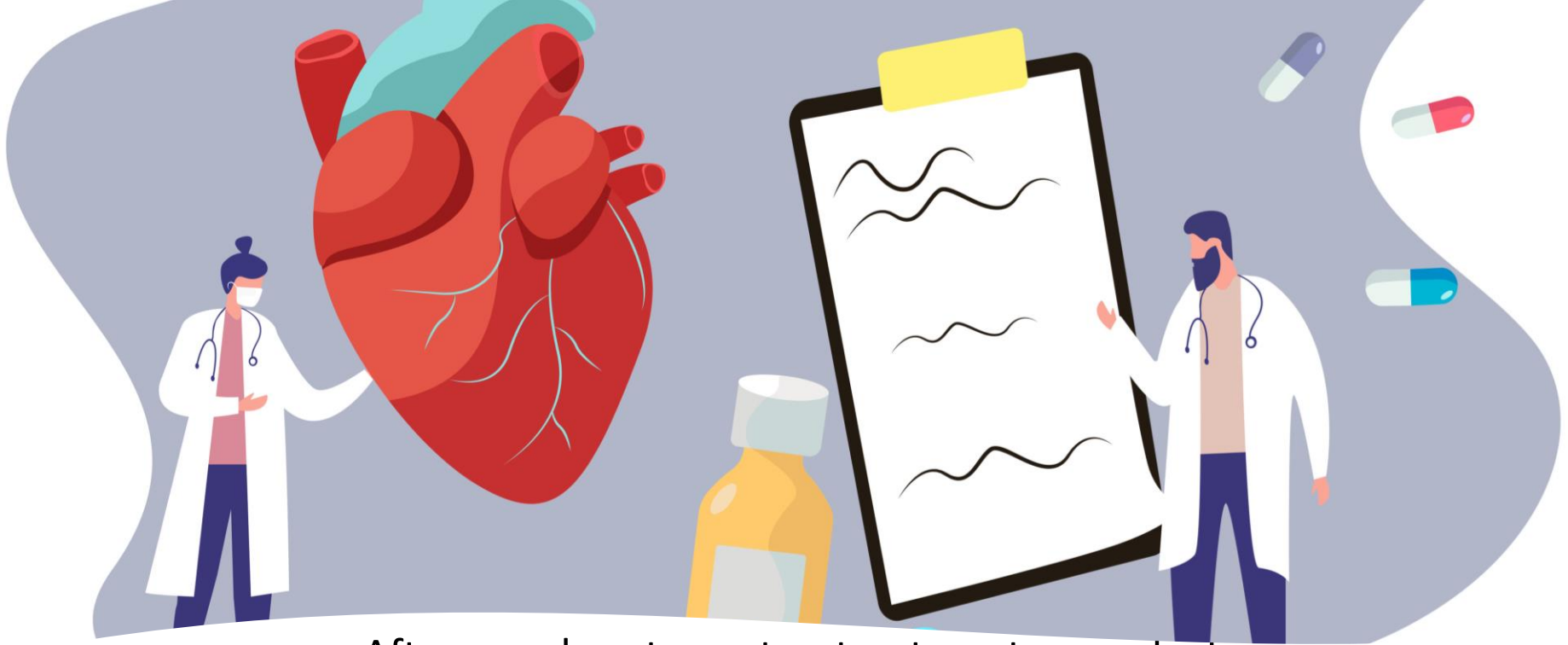
[https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2958NUHCS Discharge Advice On Cardiac Medications English FA online.pdf](https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2958NUHCS%20Discharge%20Advice%20On%20Cardiac%20Medications%20English%20FA%20online.pdf)

NUHCS Health Supplements and Your Heart

<https://www.nuh.com.sg/our-services/Specialties/Pharmacy/Documents/Health%20Supplements%20and%20Your%20Heart.pdf>

Other resources:

<https://www.healthhub.sg/live-healthy/888/know-your-medication>



- After your heart event or treatment, your doctor will prescribe the medications.
- Your medication treatment plan will depend on how serious your heart disease is.
- You may need more than one medication to manage your heart conditions.

Class of medicines	Members of class	Uses of medicines	Common Side Effects	Precautions and advice
Antiplatelets	Aspirin	Help prevent the formation of blood clot and reduce the chance of heart attack or stroke.	<ul style="list-style-type: none"> Gastric irritation Gastric bleed 	<p>Stop taking at least 5 days before any surgery, including dental surgery, unless otherwise instructed.</p> <p>Contact doctor if you experience gastric discomfort or pass black tarry stools.</p>
	Clopidogrel Ticlopidine Prasugrel Ticagrelor		<p>Contact doctor immediately if you have the following symptoms:</p> <ul style="list-style-type: none"> Unexplained sore throat Fever Mouth ulcers Bruising Bleeding 	
Beta-blockers	Atenolol Bisoprolol Carvedilol Labetolol Metoprolol Propranolol	<p>Reduce workload and oxygen demands of the heart to cope with reduced blood supply</p> <p>Also help to control blood pressure, chest pain, heart rate and prevent second heart attack.</p>	<ul style="list-style-type: none"> Tiredness Dizziness Cold hands & feet Shortness of breath Nightmares Impotence Slow heartbeat 	<p>Contact doctor if shortness of breath becomes severe or persistent dizziness.</p> <p>Inform doctor if you have asthma or circulatory problems.</p>
ACE inhibitors	Captopril Enalapril Lisinopril Perindopril Ramipril	<p>Prevent heart from weakening further.</p> <p>Also help control blood pressure to prevent heart attack, stroke and kidney failure.</p>	<ul style="list-style-type: none"> Dry cough Changes in taste Dizziness Tiredness 	<p>Do not take additional potassium supplements other than those prescribed.</p> <p>Avoid using salt substitutes.</p>
Angiotensin II antagonists	Candesartan Irbesartan Losartan Valsartan		<ul style="list-style-type: none"> Changes in taste Dizziness Tiredness 	

Class of medicines	Members of class	Uses of medicines	Common Side Effects	Precautions and advice
Lipid-lowering agents	Atorvastatin Lovastatin Pravastatin Simvastatin	Decrease production of cholesterol.	<ul style="list-style-type: none"> • Constipation • Flatulence • Abdominal pain • Muscle pain • Stiffness 	Observe proper dietary instructions to optimise treatment.
	Bezafibrate Fenofibrate Gemfibrozil	Reduce fat formation.	<ul style="list-style-type: none"> • Nausea • Rash • Itchiness • Muscle pain or stiffness 	Contact doctor if muscle pain, severe nausea, vomiting or yellowing of skin occurs.
Diuretics	Bumetanide Frusemide	Remove excess water in the body by increasing urination.	<ul style="list-style-type: none"> • Nausea • Muscle cramp • Muscle weakness • Dizziness 	Take during the day to avoid waking in the night to go to the toilet. Contact doctor if severe nausea, vomiting or diarrhoea occurs.
Potassium supplements	Potassium chloride	Supplement the loss of potassium (due to the effect of diuretics).		
Calcium channel blockers	Amlodipine Diltiazem Felodipine Lacidipine Nifedipine	Reduce oxygen demands and workload of the heart. Relax blood vessels and help control blood pressure and chest pain.	<ul style="list-style-type: none"> • Headache • Flushing • Swelling of feet • Changes in heart rate 	Contact doctor if swelling of feet or fast heartbeat persist.

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Vasodilators	Glyceryl Trinitrate Isosorbide Dinitrate Isosorbide Mononitrate	Relax blood vessels. Increase blood and oxygen supply to heart.	<ul style="list-style-type: none"> • Headache • Flushing • Dizziness 	Get up slowly from lying or sitting position to prevent dizziness. If affected by dizziness, sit down.
	Hydralazine	Nitrates reduce incidence of chest pain.	<ul style="list-style-type: none"> • Palpitations • Flushing • Swelling of feet/lower legs 	Contact doctor if joint pain occurs.
Cardiac glycosides	Digoxin	Improve the strength and pumping action of the heart resulting in better blood circulation.	<ul style="list-style-type: none"> • Nausea & vomiting • Diarrhoea • Unusual tiredness • Visual changes 	Contact doctor if any side effect occurs.
Aldosterone antagonist	Spiroinolactone	Remove excess fluid in the body.	<ul style="list-style-type: none"> • Weight gain • Breast tenderness 	



Take your medications in **4 RIGHTS**:

Advice on Cardiac Medications

- Right medicine
- Right doses
- Right time
- Right way



- Store tablets in a cool and dry environment. Make sure all medicine are kept in its original container or tightly closed / sealed
- Do not stop medication even if you feel better
- Take the missed dose as soon as you remember. Do not double up the next dose to make up for the missed dose. Check with your doctor if you are unsure



- Consult doctor / pharmacist before crushing or splitting tablets. Some tablets are meant to be swallowed whole.
- Avoid taking alcohol together with your medication.
- Inform doctor / pharmacist if you suspect or experience medication side effects / allergy reaction



Tips:

- Use a weekly pillbox
- Create reminder with notes or alarm
- Bring a list of all medications to every health visit



Health Supplements and Your Heart

- Always consult your doctor or pharmacist before using any health or herbal supplements.
- Natural does not mean safe. Overdose of health supplements can be harmful.

Thank you.

