



Blood Pressure Medication

FREQUENTLY ASKED QUESTIONS

Important things to remember about your blood pressure

1. A normal blood pressure is 120/80. Most people will want to have their blood pressure at this number or below.
2. Take your medication daily and as directed by your provider. Do not cut your pills in half unless instructed to do so.
3. If you are having side effects, it is often easy to switch medications so notify your health care provider.
4. Taking more than 1 medication for blood pressure is very common. Many people need several medications to keep their blood pressure at goal.
5. There are many low cost options for blood pressure medications. Many medications are on the \$4 list at your pharmacy. If cost is an issue for you, notify your provider to discuss switching to a low cost medication.

Ace-Inhibitors

- Common names: benazepril, lisinopril, ramipril, and enalapril.
- These medications work by stopping your blood vessels from constricting and stopping your body from absorbing salt.
- A common side effect of these medications is a chronic cough. This cough will not go away so notify your health care provider if you are experiencing this while taking any of these medications.

Angiotensin Receptor Blockers (ARBs)

- Common names: eprosartan, irbesartan, losartan, telmisartan, and valsartan.
- These medications work by stopping your blood vessels from constricting and stopping your body from absorbing salt.
- Few side effects occur and are well tolerated.

Beta Blockers

- Common names: atenolol, carvedilol, labetalol, meoprolol, nadolol, nebivolol, and propranolol.
- These medications work by slowing your heart down and making it a more efficient pump.
- The most common side effects are nausea, dizziness, fatigue and a low heart rate.

Calcium Channel Blockers

- Common names: amlodipine, diltiazem, nicardipine, nifedipine, and verapamil.
- These medications work by stopping calcium from entering the heart and blood vessels.
- The most common side effects is fluid retention.

Diuretics

- Common names: chlorothiazide, chlorthalidone, furosemide, hydrochlorathiazide, spironolactone, and triamterene.
- These medications stop the body from absorbing salt and water.
- Low blood pressure, weakness, and electrolyte imbalances are side effects of diuretics.

There are many combination medications so you may be taking only 1 pill which contains 2 medications.

For further information about your medications, ask your health care provider.