

Angiotensin-Converting Enzyme Inhibitors and Angiotensin II Receptor Blockers



What are ACEIs and ARBs?

If you have kidney disease, high blood pressure, or heart problems, your doctor may prescribe an angiotensin-converting enzyme inhibitor (ACEI) or angiotensin II receptor blocker (ARB). These medicines are taken by mouth and have many uses.

These medicines can help:



- Lower blood pressure
- Slow progression of kidney disease



- Protect the heart
- Reduce the risk of stroke

Check the lists of ACEIs and ARBs and their brand names below to see if you are already taking one of these medicines.

List of ACEIs

- Benazepril (Lotensin®)
- Captopril
- Enalapril (Vasotec®, Epaned®)
- Fosinopril
- Lisinopril (Zestril®, Qbrelis®)
- Moexipril
- Perindopril
- Quinapril (Accupril®)
- Ramipril (Atlace®)
- Trandolapril

List of ARBs

- Azilsartan (Edarbi®)
- Candesartan (Atacand®)
- Irbesartan (Avapro®)
- Losartan (Cozaar®)
- Olmesartan (Benicar®)
- Telmisartan (Micardis®)
- Valsartan (Diovan®)

What do I need to know about taking an ACEI or ARB?



- **Take your medicine at the same time each day.** Many people like to take their medicine right after they wake up in the morning. Try not to miss or skip doses.
 - » **Tip:** If it is hard for you to remember to take your medicine, try using a calendar, pillbox, or an app on your phone to remind yourself. You can also put a note on your bathroom mirror as a daily reminder.
- **ACEIs and ARBs can be taken with or without food.**
- **You may need blood tests** to make sure the medicine is working the way it is supposed to.
- Your doctor may ask you to check your blood pressure at home.
 - » **Tip:** Ask your Healthmap Solutions Care Navigation team member for a Blood Pressure Log Sheet to help you keep track of your blood pressure readings. You can bring this sheet to your doctor appointments.
- **Check with your doctor or pharmacist any time you start or stop a new supplement or medication,** including over-the-counter drugs such as pain medications or anti-inflammatory drugs (for example, ibuprofen or naproxen).
 - » **Tip:** Make a list of all medicines, vitamins, and supplements you take at home and bring the list to your doctor appointments.
- **Tell your doctor if you are pregnant, breastfeeding, or develop side effects** such as dizziness, low blood pressure, cough, rash, trouble breathing, or swelling in your face, lips, tongue, or throat.
- **Tell your doctor if you've been told to take both an ACEI and an ARB.** Most people only need to take one of the two medicines.

If you have kidney disease and are not taking an ACEI or ARB, talk to your doctor to see if an ACEI or ARB is right for you.

Reference:

Angiotensin-converting enzyme (ACE) inhibitors & angiotensin receptor blockers (ARBs). National Kidney Foundation. (2024, February 16). <https://www.kidney.org/atoz/content/angiotensin-converting-enzyme-ace-inhibitors-angiotensin-receptor-blockers-arbs>