SMART about Cardiac Medications

S-Start by making a list of all your medications

- Your nurse or health care provider can review your medications and provide you with a list
- Include prescribed and over-the-counter medication, vitamins and supplements
- Include the name, dose and frequency of each medication and the reason you take it
- Include medication allergies on the list as well

M-Make sure you carry an accurate medication list in your wallet

- Update your medication list each time your medications change
- Review your list and/or bring all your medication bottles to your appointments to be sure your list is accurate and your healthcare providers know what you are taking.

A-Ask for written information about your medication

- Your healthcare provider or cardiac rehab nurse or pharmacist can give you written information sheets about your medication
- The information should include:
  - Name and the reason you are taking the medicine
  - When to take the medicine and how often
  - Warnings about the medication and things to avoid while taking, such as driving, drinking alcohol or eating certain foods
  - List of common side effects

R-Remember to take your medications

- Use a weekly pill box, calendar, checklist or alarm on your cell phone to help you remember

T-Talk with your healthcare provider

Tell your healthcare provider the following:
- If you are having trouble taking your medication or having side effects
- About any allergies to medicine or food
- If you want to stop taking a medicine
- If you might become pregnant or nursing a baby

SMART START:

1. Put a check by strategies above that you are using now
2. Circle strategies you could start using to help you take your medicines safely.
# Cholesterol Lowering Agents

**STATINS**
- Prescribed for post heart attack, post stent, or those at risk for development of heart disease. Statin improves cholesterol and protects blood vessels.
  - Atorvastatin (Lipitor)
  - Simvastatin (Zocor)
  - Rosuvastatin (Crestor)
  - Pravastatin (Pravachol)
  - Lovastatin (Altoprev, Mevacor)
  - Fluvasatin (Lescol, Lescol XL)
  - Pitavastatin (Livalo)

**CHOLESTEROL ABSORPTION INHIBITOR**
- Ezetimibe (Zetia)

**PCSK9 INHIBITOR**
- Injectable prescription medication. Taken every 2 weeks.
  - Repatha (Evelocumab)
  - Alirocumab (Praluent)

**NICOTINIC ACID**
- Niacin, Nicotinic Acid, Vitamin B₃ (Niaspan, Niacor)

**RESINS**
- Cholestyramine (Questran, Questran Light)
- Colestipol (Colestid)
- Colesevelam (Welchol)

**FIBRATES**
- Fenofibrate (Tricor)
- Gemfibrozil (Lopid)

- Advicor combines Niacin and Lovastatin in one pill
- Caduet combines Atorvastatin and Amlodipine
- Omega-3 fatty acids are sometimes prescribed and can be a prescription medication (Lovaza, Omtryg)
# Common Cardiac Medications

<table>
<thead>
<tr>
<th><strong>BETA-BLOCKERS</strong></th>
<th>Prescribed for high blood pressure, angina, rhythm problems, heart failure, as well as post heart attack, post stent, to lower heart rate and blood pressure.</th>
</tr>
</thead>
</table>
|                   | - Metoprolol (Toprol XL; Lopressor)  
|                   | - Atenolol (Tenormin)  
|                   | - Carvedilol (Coreg)  
|                   | - Nadolol (Corgard)  
|                   | - Propranolol (Inderal)  
|                   | - Timolol (Blocadren)  
|                   | - Labetalol (Normodyne, Trandate) |

| **ACE INHIBITORS** & ANGIOTENSIN RECEPTOR BLOCKERS (ARB) | ACE INHIBITORS: Prescribed for post heart attack, post stent, high blood pressure, heart failure, kidney protection in patients with diabetes.  
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                          | - Lisinopril (Zestril, Prinivil)  
|                                                          | - Ramipril (Altace)  
|                                                          | - Enalapril (Vasotec)  
|                                                          | - Trandolapril (Mavik) |

| **ARB** | maybe used for patients who cannot take ACE Inhibitors  
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|         | - Losartan (Cozaar)  
|         | - Irbesartan (Avapro)  
|         | - Valsartan (Diovan)  
|         | - Candesartan (Atacand) |

<table>
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<tr>
<th><strong>ANTIPLATELETS</strong></th>
<th>Reduces risk of blood clots after a heart attack, catheterization procedure, stent, stroke or for patients at risk for developing heart disease.</th>
</tr>
</thead>
</table>
|                   | - Salicylates (Aspirin)  
|                   | - Clopidogrel Bisulfate (Plavix)  
|                   | - Ticagrelor (Brilinta)  
|                   | - Prasugrel (Effient)  
|                   | - Ticlopidine (Ticlid) |

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<th><strong>ANTICOAGULANTS</strong></th>
<th>Prevent blood clots. Often prescribed to reduce the risk of stroke in patients with artificial heart valves or atrial fibrillation.</th>
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</table>
|                    | - Warfarin (Coumadin)  
|                    | - Dabigatran (Pradaxa)  
|                    | - Rivaroxaban (Xarelto)  
|                    | - Apixaban (Eliquis) |
| **CALCIUM CHANNEL BLOCKERS** | Prescribed for high blood pressure, irregular heartbeats, angina.  
- Amlodipine (Norvasc, Lotrel)  
- Diltiazem (Cardizem, Tiazac)  
- Felodipine (Plendil)  
- Nifedipine (Adalat, Procardia) |
| **DIURETICS**  
**Water Pills** | Prescribed for high blood pressure and heart failure.  
- Spironolactone (Aldactone)  
- Furosemide (Lasix)  
- Hydrochlorothiazide /HCTZ (Microzide) |
| **NITRATES** | Prescribed to relieve and reduce recurrence of angina.  
- Nitroglycerine Sublingual (Nitrostat)  
- Nitropatch (Nitro-Dur, Transderm-Nitro)  
- Nitroglycerine Lingual Spray (Nitrolingual Pumpspray)  
- Isosorbide Mononitrate (Imdur)  
- Isosorbide Dinitrate (Isordil) |
| **ANTIANGINALS** | Prescribed to relieve and reduce recurrence of angina.  
- Ranolazine (Ranexa) |