

# Angiotensin Converting Enzyme Inhibitor (ACE Inhibitor)

target dose is part of usual treatment and not a sign of a problem.

## What are ACE Inhibitors?

ACE inhibitors are drugs that are sometimes used to lower blood pressure, protect the kidney, protect the brain from stroke and can improve heart function.

*You may be prescribed ACE inhibitors to help*

- Heart function improve
- Manage high blood pressure
- Prevent kidney strain

## Benefits of ACE Inhibitors

When using this medication as directed by your healthcare provider, ACE inhibitors can:

- Slow heart failure progression
- Improve quality of life
- Prolong life
- Reduce risk of hospitalization
- Reduce shortness of breath

## Side Effects

Most individuals taking ACE Inhibitors do not experience concerning side effects. Your other health issues and medications influence what side effects could develop. Please discuss side effects to watch for with your healthcare provider as some are serious. Alternatively, please connect with your community pharmacist.

Ask your healthcare provider when your next regular blood test to monitor your kidney function and potassium needs to be done.

Please know it is common to have the ACE Inhibitor dose started low and then increased to the “target” dose - the dose that is most effective. Increasing the dose of your medication to the

## Common ACE Inhibitors

- ☐ [Enalapril \(Vasotec\)](#) ☐ [Quinapril \(Accupril\)](#)
- ☐ [Lisinopril \(Prinivil, Zestril\)](#)
- ☐ [Perindopril \(Coversyl\)](#) ☐ [Ramipril \(Altace\)](#)
- ☐ [Trandolapril \(Mavik\)](#)

## Additional Resources

[Medication Tips](#)

To learn more about this medication and its possible side effects please refer to pages 27-28 from your Heart&Stroke handbook or visit the [Heart&Stroke web link](#)



**Living with heart failure**  
Resources to help you manage your heart failure



Please reach out to your healthcare provider if you have any questions or concerns about your condition and the use of this medication. This may include members of your heart failure team.

## Your Heart Failure Team

- ☐ Best Care phone contact
- ☐ Telehome Monitoring contact
- ☐ Community paramedic

☐ Primary care team

☐ Heart failure clinic phone contact

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