

# Angiotensin Receptor-Neprilysin Inhibitor (ARNI)

## What are ARNIs?

ARNIs are a combination of two drugs valsartan and sacubitril. Together they can help improve heart function in some patients.

*You may be prescribed an ARNI to help:*

- Improve heart function
- Reduce the chance of being hospitalized

## Benefits of ARNIs

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

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

## Side Effects

Most individuals taking ARNI 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.

Please know it is common to have the ARNI dose started low and then increased to the “target” dose - the dose that is most effective. Increasing the dose of your medication to the target dose is part of usual treatment and not a sign of a problem.

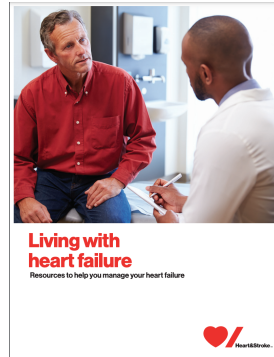
## Common ARNI

[❑ Sacubitril/Valsartan \(Entresto\)](#)

## Additional Resources

[Medication Tips](#)

To learn more about your medication and its possible side effects please refer to pages 33-34 from your Heart&Stroke handbook or visit the [Heart&Stroke web link](#)



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
- ☐ Family Doctor or Nurse Practitioner
- ☐ Heart failure clinic phone contact

Resource written by Deo Narayan (Queen's University) and Danielle Goodman (Western University)

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