

# THE MOST COMMONLY USED CHD MEDICATIONS

Many patients living with CHD have to take daily medications to stay healthy and feel their best. Medications can be challenging to navigate, so we have shared a general overview of information and tips. Please talk to your/your child's doctor, nurse or pharmacist about any questions you may have.

- Parents and caregivers may find it challenging to administer medications no matter the age. It is important that children understand that medication is not candy and keep out of reach of small kids to prevent any accidental overdoses.
- When traveling with medications, always keep it in a labeled bottle to avoid any mix ups.
- It is important to stay up to date on refills and pick up medications on time to make sure no doses are missed. Pill boxes are great tools to use when managing multiple medications.
- Have a comprehensive list of all medications on hand for doctors and medical appointments. It is very important that this list stay up to date in case of an emergency.
- Check with your doctor or pharmacist before using any herbals, supplements or over the counter medications.
- Depending on the age of the patient, it is important for them to gain medical independence. Empower children by involving them in their medication processes and informing them about it.
- Contact your pharmacist or doctor before mixing medications into foods or drinks. Some medications cannot be crushed, chewed or split so it is important to check with a medical professional before doing so.
- Stay up to date with recommended vaccinations at all your child's doctor appointments. Vaccinations can help prevent illness and keep others around safe.
- Costs of medications can vary based on a variety of factors. If you have a concern for the cost of medications, talk to your doctor and pharmacist to find the best options for you.

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Drug Class	Used for?	How it works	Examples	Common Side Effects	Interactions	
Angiotensin-converting enzyme (ACE) inhibitors	High Blood Pressure	Relax the veins and arteries to help lower blood pressure	Lisinopril Enalapril Ramipril	Dr cough Fatigue Headache	NSAIDs (drugs like ibuprofen) Antacids ARBs	
Angiotensin-2 receptor blockers (ARBs)	High Blood Pressure	Stop an enzyme from making angiotensin 2 which can narrow blood vessels	Valsartan Losartan Irbesartan	Dizziness Fatigue Headache	ACE inhibitors	
Antiarrhythmics	Irregular heartbeats	Treat or prevent from heart rate getting too fast or irregular	4 classes: Sodium channel blockers like flecainide and propafenone. Beta blockers like carvedilol, atenolol, propranolol. Potassium channel blockers like amiodarone and dofetilide. Nondihydropyridine calcium channel blockers like diltiazem and verapamil.	Constipation Dizziness Excessive thirst	Antiviral medications Medications used to treat high blood pressure, chest pain and irregular heartbeats. Some antidepressants such as citalopram	
Anticoagulants	Prevent blood clots	Also known as “blood thinners”, help thin blood to prevent clots	Warfarin Heparin Eliquis	Unusual bleeding Blood in stools or urine Headache	NSAIDs Some antidepressants St John’s Wort	Important in patients with artificial material and patients undergoing a procedure
Antiplatelets	Prevent blood clots	Help prevent blood clots from forming around surgical material or causing a blockage in the body	Aspirin Plavix	Dizziness Shortness of breath Stomach pain	Certain drugs in PPI drug class used for heartburn	Important in patients with artificial material and patients undergoing a procedure

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Diuretics	Lower blood pressure	Reduce fluid in the body by getting rid of salt and water	Bumetanide Furosemide Hydrochlorothiazide Spironolactone	Headache Nausea Dizziness Weakness	Select antidepressant such as Lithium	Can be used for fluid in the lungs, high blood pressure or swelling
Phosphodiesterase 5 (PDE 5) inhibitors	Pulmonary hypertension	Help slow pulmonary hypertension and may even reverse damage to heart and lungs	Sildenafil Tadalafil	Headache Dizziness Flushing Upset stomach	Nitrates such as nitroglycerin Drugs in alpha blocker class such as tamsulosin	
Antibiotics	Treat or prevent infections	Kill bacteria or make it difficult for it to continue to grow	Amoxicillin Cephalexin	Diarrhea Nausea Allergic reactions	Methotrexate Warfarin	Used to prevent infections at dental visits