

# THE TRIPLE WHAMMY

(Ace inhibitors or ARBs + diuretics + NSAIDs or COX2s)

## PATIENT INFORMATION GUIDE



Never give your medicine to others even if their symptoms are the same as yours.

### WHY HAVE WE GIVEN YOU THIS GUIDE?

- This guide contains information for you use when taking medicines called ACE inhibitors or ARBs and diuretics
- ACE inhibitors or ARBs and diuretics are often given together for high blood pressure and heart conditions and are usually safe
- Talk to your doctor, pharmacist (chemist) or nurse if you have any questions

### THINGS YOU CAN DO TO TAKE THESE MEDICINES SAFELY

- Talk to your doctor or pharmacist (chemist) if you need pain relief so that they can help you choose one that is safe for you

## ▶ ACE INHIBITORS OR ARBs, DIURETICS AND NSAIDS or COX2S CAN BE HARMFUL

Medicines called Non-steroidal anti-inflammatories (NSAIDs) eg Nurofen®, and COX2 inhibitors eg Celecoxib®, are often used for pain relief

- ACE inhibitors or ARBs, diuretics and NSAIDs or COX2s can be harmful
- Your doctor may recommend these medicines together but you will need regular blood test.
- Let your doctor know if you are taking these medicines and become unwell, especially if you feel dehydrated, or have vomiting or diarrhoea
- ▶ **Let your doctor or pharmacist (chemist) know immediately if you:**
  - Have a skin rash or swelling of your face
  - Feel faint or dizzy
- ▶ **Tell your doctor or pharmacist (chemist) about all of the medicines you are taking before you buy any type of pain relief**
  - ACE inhibitors or ARBs and diuretics can be harmful when taken with **some** other medicines including medicines you can buy from the supermarket or pharmacy
- ▶ **Do not take any more doses than your doctor has asked you to**
  - high doses of these medicines can harm your kidneys, especially with older adults

The ACE inhibitor or ARB I am taking is: \_\_\_\_\_

The diuretic I am taking is: \_\_\_\_\_