



## **YOU AND YOUR TREATMENT: STARTING ON YOUR ACE INHIBITOR: MAVIK (TRANDOLAPRIL)**

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### **WHAT IS THIS CAPSULE/PILL FOR?**

ACE inhibitors protect the heart and blood vessels. They work on your kidneys to stop fluid and salt retention, both of which can put the heart and circulatory system under extra pressure. ACE inhibitors also lower your blood pressure by relaxing the blood vessels and this takes more stress off the heart. Trandolapril has been shown to be useful in conditions such as heart disease, diabetes, high blood pressure and heart failure, among others. This drug is prescribed if you have any condition that puts your heart or your circulatory system at risk of damage.

### **IS THERE ANY HARM IN LOWERING MY BLOOD PRESSURE? CAN IT GO TOO LOW?**

Most people agree that a low blood pressure reading is good for your health. It is rare for the blood pressure to go too low, but you will have regular checks (every two to four weeks at the start) to ensure that this does not happen. However you should tell your doctor if you feel dizzy or faint. Once your body has adjusted to the tablets, you may only need to be seen every six to 12 months.

### **WHAT DOSE SHOULD I TAKE?**

There are several different kinds of ACE inhibitors and you will have been prescribed one to suit your own needs. Not all ACE inhibitors have the same dose system, so 2 mg of one can work as well as 10 mg of another.

The kidneys need to get used to ACE inhibitors gradually, so a small dose is given initially and this is increased slowly over several weeks. Throughout this time your doctor will see you and take blood tests to check that the tablets are suiting your system, and your blood pressure will be monitored. It is important that you keep taking these capsules until your doctor tells you to stop.

### **WHEN SHOULD I TAKE IT?**

ACE inhibitors are usually taken in the morning so that they can

work during the day. Sometimes you might be advised to take your first dose at bedtime. This is because the very first tablet can sometimes cause a swift drop in blood pressure that can make you feel light-headed. You are less likely to notice this if you are in bed. However, this is quite uncommon, so for many people it is fine to take the dose every morning from the start.

You should avoid alcohol, as this medicine will increase the time it takes your body to get rid of alcohol.

### **HOW WILL I KNOW IT IS WORKING?**

ACE inhibitors are given to protect your heart by lowering blood pressure, rather than to treat any symptoms, so you may not feel any different. However, trials have shown huge benefits for people taking ACE inhibitors, with significant reductions in the number of heart attacks, strokes and other conditions, so it is worth continuing with them.

### **HOW LONG SHOULD I TAKE IT FOR?**

ACE inhibitors protect your heart and the blood vessels, which carry oxygen and nutrients around your body. The longer you take them the longer this protection will last. For this reason, we usually suggest that you take them for life.

### **WHAT SIDE EFFECTS MIGHT I EXPECT AND HOW COMMON ARE THEY?**

Side effects from ACE inhibitors are surprisingly rare. However, all drugs have side effects. One well-known side effect with ACE inhibitors is a cough but some studies suggest that as few as one in 100 people taking these drugs suffer from this problem.

Let your doctor, nurse or pharmacist know if you develop a new and persistent cough, skin rash, swelling of the face, severe diarrhoea or vomiting causing dehydration while taking an ACE inhibitor. It is important to remember, however, that the likely benefits from ACE inhibitors are much greater than the risks for the vast majority of people.

### **ANY OTHER QUESTIONS?**

Talk to your doctor, nurse or pharmacist. [www.health24.com](http://www.health24.com) has useful articles on hypertension.

You should always read the patient education leaflet provided in the box of your medicine.