



Overview of Hypertension Medicine

1. Introduction

There are many types of medicines available to lower blood pressure. More than one medicine may be needed to control your blood pressure. It is important to take your medicine correctly; otherwise the medicines may not work or could cause side effects that may be mild, or sometimes harmful.

Some information on the common groups of high blood pressure medicines:

- ACE (Angiotensin Converting Enzyme) Inhibitors prevent the formation of a substance called Angiotensin II, which normally causes blood vessels to narrow.
- Angiotensin II Receptor Blockers block the action of angiotensin II at the blood vessel walls and prevent the narrowing of blood vessels.
- Beta Blockers reduce heart rate and the amount of blood pumped out by the heart.
- Calcium Channel Blockers lowers blood pressure by relaxing and widening blood vessels.
- Diuretics get rid of excess water and salt from the body.
- Alpha Blockers work on the nervous system to relax the blood vessels, allowing the blood to pass through more easily.
- Vasodilators open up blood vessels by relaxing the muscles in the vessel walls.

2. How should I take the medicines?

- Do not stop taking your medicines without checking with your doctors.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medicine to make up for the missed dose.
- Take your medicine at the same time each day so that it becomes a habit

3. What should I take note of if I am on hypertension medicines?

- Know the names and doses of the medicines you are taking.
- Take it regularly as directed by your doctor. Do not stop taking the medicine even if you feel better. It helps to lower your blood pressure and keeps it under control. Having a controlled blood pressure helps to prevent complications like stroke and heart attacks.
- You may need to take the medicine for life.

- Ask the doctor's or pharmacist's advice before crushing or cutting the tablets as some medicines need to be swallowed whole.
- Do not take with alcohol.
- Check with your doctor or pharmacist if there is any food or medicines that you need to avoid while taking this medicine.
- Take the medicine before food or after food as indicated on the medicine label, or according to the doctor's or pharmacist's instructions.
- Do not take someone else's prescribed medicine or share yours with someone else.
- Inform the doctor if you are pregnant, intend to become pregnant or are breastfeeding.

4. How do I know if I am allergic to these medicines?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medicine immediately and see your doctor.

5. How should I store the medicines?

- Keep your medicines in the original container or packaging, tightly closed or sealed in a cool and dry place, away from direct sunlight.
- Follow any specific instructions for the storage of your medicines.
- Do not keep different types of medicine together in one container.
- Keep the medicine out of reach of children.
- Throw away all expired medicines.