

## Location



**A**

Linkway @ Level 1  
Via MRT station  
(Exit A)

**B**

Linkway @ Level 1

**C**

Linkway @ Level 4

Drop off only

Bus Stop

Carpark

Taxi Stand / Drop off

Kent Ridge MRT  
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074  
Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: [www.nuh.com.sg](http://www.nuh.com.sg)  
Company Registration Number: 198500843R

### Contact Information

#### National University Heart Centre, Singapore

1 Main Building of NUH

**Opening Hours:** 9.00am - 6.00pm  
(Monday - Friday)  
Closed on Weekend  
& Public Holidays

**Website:** [www.nuhcs.com.sg](http://www.nuhcs.com.sg)

### Getting to NUH

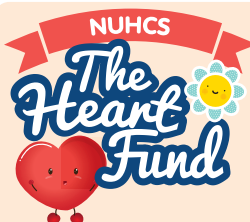
#### Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

**Exit A:** Right at the doorstep of National University Heart Centre, Singapore.

**Exit B:** Along South Buona Vista Road, which links to Singapore Science Park 1.

**Exit C:** Leads to NUH Medical Centre.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

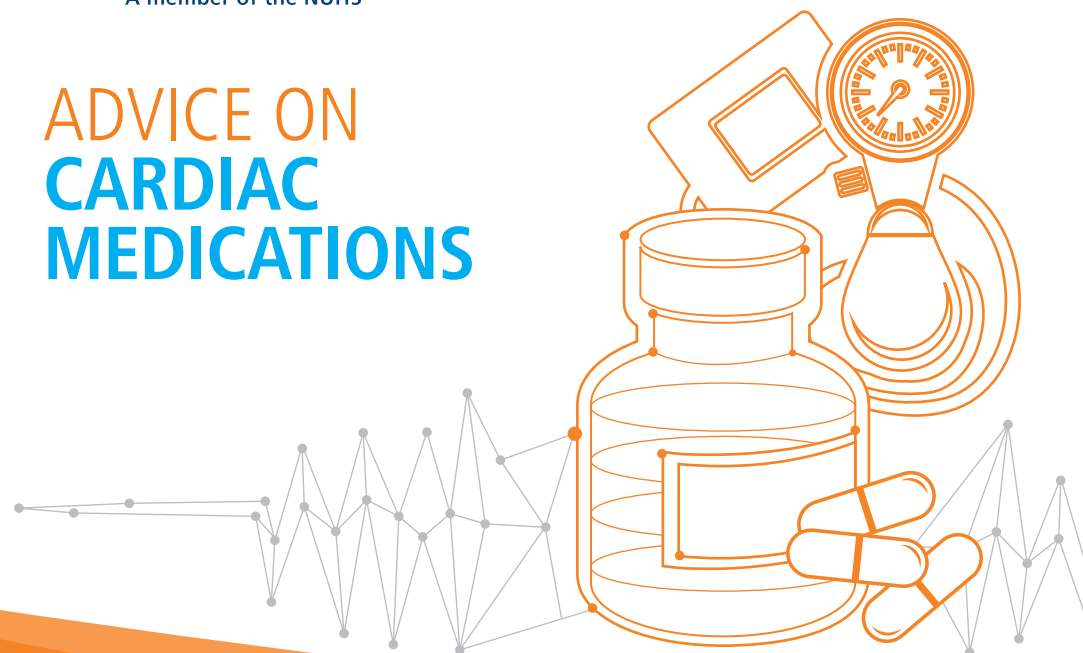
**Make a donation and help us continue the fight for every heartbeat!**

To make an online donation, log on to [www.nuhcs.com.sg/make-a-gift.html](http://www.nuhcs.com.sg/make-a-gift.html)

## National University Heart Centre, Singapore

A member of the NUHS

# ADVICE ON CARDIAC MEDICATIONS



## View patient education videos on NUHCS YouTube page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)



Scan the QR code

Heart diseases occur when the blood vessels of the heart are damaged or diseased, which can cause serious problems such as heart attack, heart failure or heart rhythm problems.

Your medication treatment plan will depend on how your heart disease affects your heart and blood vessels. You may need more than one medication to manage your heart disease symptoms.

## Do you Know?

- **Taking your medications as instructed** will prevent and relieve symptoms, and may help your heart to pump more effectively
- **Exercising regularly** will help improve your heart's ability to pump blood
- **Smoking** damages the blood vessels and reduces the amount of oxygen in the blood which can worsen your heart condition
- **Drinking too much alcohol** can raise blood pressure, cause heart failure and lead to stroke

## Alert doctor if:



- You are pregnant/intend to get pregnant
- You are breastfeeding
- You have other medical conditions/taking other medications

Medicine	Uses	Possible side effects	Precautions
<b>ACE inhibitors</b> <input type="checkbox"/> Captopril <input type="checkbox"/> Enalapril <input type="checkbox"/> Lisinopril <input type="checkbox"/> Perindopril <input type="checkbox"/> Ramipril	Reduce blood pressure, protect kidneys and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Dry cough</li> <li>- May increase potassium level</li> </ul>	<ul style="list-style-type: none"> <li>• Rise slowly from sitting/lying position to prevent dizziness</li> <li>• Consult doctor if you experience persistent dry cough</li> <li>• Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes</li> </ul>
<b>Angiotensin-receptor blockers</b> <input type="checkbox"/> Candesartan <input type="checkbox"/> Irbesartan <input type="checkbox"/> Losartan <input type="checkbox"/> Telmisartan <input type="checkbox"/> Valsartan	Reduce blood pressure, protect kidneys and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> <li>- Dizziness</li> <li>- May increase potassium level</li> </ul>	<ul style="list-style-type: none"> <li>• Rise slowly from sitting/lying position to prevent dizziness</li> <li>• Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes</li> </ul>
<b>Beta-blockers</b> <input type="checkbox"/> Atenolol <input type="checkbox"/> Bisoprolol <input type="checkbox"/> Carvedilol <input type="checkbox"/> Labetalol <input type="checkbox"/> Metoprolol <input type="checkbox"/> Nebivolol	Reduce blood pressure, heart rate and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> <li>- Slow heartbeat</li> <li>- Tiredness</li> <li>- Dizziness</li> <li>- Cold hands and feet</li> <li>- Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Do not suddenly discontinue</li> <li>• If you have high blood sugar (diabetes), monitor your blood sugar closely</li> </ul>

Medicine	Uses	Possible side effects	Precautions
<b>Calcium channel blockers</b> <b>Dihydropyridine</b> <input type="checkbox"/> Amlodipine <input type="checkbox"/> Felodipine <input type="checkbox"/> Nifedipine  <b>Non-dihydropyridine</b> <input type="checkbox"/> Diltiazem <input type="checkbox"/> Verapamil	<p>Relax blood vessels to reduce blood pressure and chest pain</p> <p>Treat abnormal heart rhythms</p>	<ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Flushing</li> <li>- Swelling of legs</li> <li>- Headache/ Dizziness</li> <li>- Constipation (Verapamil)</li> <li>- Swelling of legs</li> </ul>	<ul style="list-style-type: none"> <li>• Consult doctor if you experience worsening chest pain or swelling of legs</li> <li>• Avoid alcohol and grapefruit juice</li> <li>• Consult doctor if you experience severe breathlessness or leg swelling</li> </ul>
<b>Diuretics</b> <b>Loop diuretic</b> <input type="checkbox"/> Frusemide <input type="checkbox"/> Bumetanide  <b>Thiazide diuretic</b> <input type="checkbox"/> Hydrochlorothiazide <input type="checkbox"/> Metolazone  <b>Potassium-sparing diuretic</b> <input type="checkbox"/> Amiloride <input type="checkbox"/> Eplerenone <input type="checkbox"/> Spironolactone	<p>Reduce fluid retention by increasing urination</p> <p>For <b>twice-daily dosing</b>, take the second dose no later than 5pm to prevent urination at night.</p>	<ul style="list-style-type: none"> <li>- Low mineral levels (e.g. sodium, potassium)</li> <li>- May increase potassium level</li> </ul>	<ul style="list-style-type: none"> <li>• Rise slowly from sitting or lying position to prevent dizziness</li> <li>• Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes</li> </ul>
<b>Antiplatelets</b> <input type="checkbox"/> Aspirin <input type="checkbox"/> Clopidogrel <input type="checkbox"/> Prasugrel <input type="checkbox"/> Ticagrelor	Prevent clot formation and reduce risk of stroke and heart attack	<ul style="list-style-type: none"> <li>- Bleeding/ Bruises</li> <li>- Gastric irritation (Aspirin)</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor for signs of bleeding (e.g. gum/nose bleeds, coughing up blood, blood in urine/stools, heavy menstrual period if applicable)</li> </ul>
<b>Statins</b> <input type="checkbox"/> Atorvastatin <input type="checkbox"/> Lovastatin <input type="checkbox"/> Rosuvastatin <input type="checkbox"/> Simvastatin	Reduce cholesterol production	<ul style="list-style-type: none"> <li>- Muscle pain or stiffness</li> <li>- Constipation</li> <li>- Abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• Consult doctor if you experience               <ol style="list-style-type: none"> <li>1. Unexplained muscle pain, tenderness, or weakness</li> <li>2. Pale stools/tea-colored urine, yellowing of skin/eyes, abdominal pain</li> <li>3. Severe nausea/vomiting</li> </ol> </li> <li>• Avoid excess alcohol intake to minimize risk of liver injury</li> <li>• Avoid grapefruit juice</li> </ul>



**Do not stop taking your medicine even if you feel better, to prevent complications such as stroke or heart attack. Inform your doctor or pharmacist if side effects persist or if you experience any allergic reaction (e.g. itch, rashes, facial or eye swelling)**