

Cardiovascular Medications

Aspirin Therapy and Lipid Lowering

- ❖ It is important for you to become familiar with your medication. If you can understand what it does you can assist your doctor in evaluating the effectiveness and monitor side effects.
- ❖ Discuss with your doctor expected side effects and symptoms to report immediately.
- ❖ Do not stop taking or skip doses of your medications.
- ❖ Refill all medications unless your doctor specified a specific length of treatment.
- ❖ You should carry a list of every medication you take including name, dosage, and frequency including over the counter medications. Always check with your doctor before taking over the counter medications.

Antiplatelet

- ❖ YOU ARE CURRENTLY ON: _____ . See Discharge Department Summary for most updated list.
- ❖ USED TO TREAT: reduce risk of heart attack, prevention of blood clots, anti-inflammatory
- ❖ HOW IT WORKS: Prevents platelets from sticking together. This prevents abnormal formation of blood clots, and reduces the chance of recurring atherosclerotic events.
- ❖ SIDE EFFECTS: Upset stomach, heartburn, ringing in the ears, unusual bleeding or bruising

Lipid Lowering

- ❖ YOU ARE CURRENTLY ON: _____ . See Discharge Department Summary for most updated list.
- ❖ USED TO TREAT: hyperlipidemia, high total cholesterol, high LDL, low HDL and high triglyceride.
- ❖ HOW IT WORKS: reduces the levels of fats and cholesterol in blood to prevent build up on walls of blood vessels. "Statins" decrease inflammatory process, which may lead to unstable blockages.
- ❖ SIDE EFFECTS: nausea, constipation, alteration in liver function, muscle weakness
- ❖ These medications should be used only in conjunction with dietary restriction and exercise.

**East Jefferson General Hospital
Cardiac Rehab Department
504-503-4145**