

Cardiovascular Medications

Diuretics, Potassium and Smoking Cessation

- ❖ 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.

Diuretics

- ❖ YOU ARE CURRENTLY ON:_____. See Discharge Depart Summary for most updated list.
- ❖ USED TO TREAT: high blood pressure, congestive heart failure
- ❖ HOW IT WORKS: allows your body to get rid of excess fluid through urination
- ❖ SIDE EFFECTS: loss of potassium, low blood pressure, dehydration
- ❖ As most diuretics get rid of water, potassium leaves the body. Your doctor may prescribe a high potassium diet or a potassium supplement. Do not take potassium supplements unless instructed by your doctor.

Potassium

- ❖ YOU ARE CURRENTLY ON:_____. See Discharge Depart Summary for most updated list.
- ❖ USED TO TREAT: loss of potassium from diuretic use, excessive vomiting, or diarrhea
- ❖ HOW IT WORKS: restores blood level of potassium
- ❖ SIDE EFFECTS: low or high potassium level can cause weakness, fatigue, dizziness, or irregular pulse

Smoking Cessation

- ❖ YOU ARE CURRENTLY ON:_____. See Discharge Depart Summary for most updated list.
- ❖ USED TO TREAT: tobacco dependence
- ❖ HOW IT WORKS: nicotine replacement relieves withdrawal symptoms and the urge to smoke without the negative effects of cigarette smoke. Other meds may act on the pathways in the brain to help nicotine addiction.
- ❖ SIDE EFFECTS: irritation to mouth, throat, nose or skin from replacement therapy. Insomnia, dry mouth with bupropion.
- ❖ May need to start 1-2 weeks before your date to quit smoking.
- ❖ Do not smoke cigarettes when wearing nicotine patch.

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