New Zealand Formulary
PATIENT INFORMATION

SACUBITRIL AND VALSARTAN

sak-yoo-bit-ril and val-sar-tan

What does it do?

Sacubitril and *valsartan* is used to treat heart failure. It reduces excess fluid in your body and relaxes blood vessels, which makes it easier for your heart to pump blood around your body.

Before you start

- You must stop another of your heart failure medicines (such as cilazapril, losartan or other medicines ending in 'pril' or 'artan'). Check with your health professional which medicine is stopping, and when to start taking *sacubitril* and *valsartan*. Return the medicine you are stopping to your pharmacy.
- Tell your health professional if you have kidney problems, or if you have ever had angioedema (swollen lips, tongue throat or face).
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *sacubitril* and *valsartan* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *sacubitril* and *valsartan* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- potassium supplements (e.g. Span K®)

Tell your health professional about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Swollen lips, tongue, throat or face	Tell your health professional immediately
Changes in heartbeat, muscle cramps or weakness	Tell your health professional
Cough	Tell your health professional if troublesome
Symptoms of low blood pressure such as dizziness or fainting	Stand up slowly. If it continues, or is severe, tell your health professional

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *sacubitril* and *valsartan* to check if it is causing problems with your kidneys or the amount of potassium in your blood.