

THE TRIPLE WHAMMY

(ACE INHIBITORS + DIURETICS + NSAIDs)

PATIENT INFORMATION GUIDE



Never give your medicines to others even if their symptoms are the same as yours.

WHY HAVE WE GIVEN YOU THIS GUIDE?

- This guide is being given to you because you are taking two medicines called *ACE inhibitors* and *diuretics*
- *ACE inhibitors* and *diuretics* are often given together for heart conditions and are usually safe
- Talk to your doctor, pharmacist (chemist) or nurse if you have any questions

THINGS YOU CAN DO TO TAKE *ACE INHIBITORS* AND *DIURETICS* SAFELY

Talk to your doctor or pharmacist (chemist) if you need pain relief so they can help you to choose one that is safe for you

▶ *ACE INHIBITORS, DIURETICS AND NSAIDs* CAN BE HARMFUL

- ▶ **There is a group of medicines called Non-steroidal anti-inflammatories (NSAIDs), eg Nurofen®, which are often used for pain relief**
 - *ACE inhibitors, diuretics* and *NSAIDs* can be harmful
 - Your doctor may recommend these three medicines but you will need regular blood tests
 - Let your doctor know if you are taking these medicines and have vomiting or diarrhoea
- ▶ **Let your doctor or pharmacist (chemist) know immediately if you:**
 - Have a skin rash or swelling of your face
 - Feel faint or dizzy
- ▶ **Tell your pharmacist (chemist) about all of the medicines you are taking before you buy any type of pain relief**

ACE inhibitors and *diuretics* can be harmful when taken with some other medicines including medicines you can buy from the supermarket or pharmacy
- ▶ **Do not take any more than recommended**

High doses of these medicines can be harmful, especially for older adults