

# Angiotensin II Receptor Blockers (candesartan, irbesartan, losartan, telmisartan, valsartan)

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## What it does:

Controls hypertension (high blood pressure) or heart failure.

## How it works:

Relaxes blood vessels, which lowers blood pressure.

## How to take it:

It can be taken with or without meals. Take this medication as prescribed even if you feel well.

## What to do if you miss a dose:

If you miss a dose, take the missed medication as soon as you remember. If you do not remember the missed dose until it is time for the next dose (i.e. within 6 hours of your next dose if medication taken as a single daily dose or within 3 hours if medication taken more frequently than once daily), omit the missed dose and resume your regular dosing scheduling. **DO NOT DOUBLE YOUR DOSE OR TRY TO "CATCH UP" BY TAKING EXTRA DOSES.**

## Possible side effects:

Contact your physician if you experience any of the following:

- Dizziness, light-headedness, faint upon rising up
- Skin rash and/or itch, fever, joint pain, sunlight sensitivity
- Swelling of face, mouth, hands, feet, trouble swallowing/breathing

Report on your next doctor's visit any of the following:

- Fatigue, nosebleeds, ringing in the ears, constipation

Note: Dizziness or light-headedness may occur after the first dose or dose increase.



Use the space below to write down why you are taking this medication and other notes.

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