ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Antihypertensives (Blood Pressure Medications)

Indications for Use:

- Lowers blood pressure

Medication Examples:

- **Lisinopril:** ACE inhibitor that relaxes blood vessels.
- **Metoprolol:** Beta-blocker that slows the heart rate and reduces blood pressure.
- **Amlodipine:** Calcium channel blocker that widens blood vessels.
- **Losartan:** ARB (angiotensin II receptor blocker) that reduces blood pressure.

Common Side Effects:

- Dizziness
- Headache
- Fatigue
- Swelling (occasionally especially with amlodipine)

Tips:

- **Administration:** Typically taken in the morning however if symptoms (i.e. dizziness) persist speak with hospice team about taking medication at night.
- Get up slowly from sitting or lying down to avoid dizziness from low blood pressure.
- Take with a full glass of water if able, food may help prevent nausea.
- Lisinopril may cause persistent dry cough.
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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