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Taking ACE Inhibitors

The name of my ACE inhibitor is:

Why might I need an ACE inhibitor?



Take your medication at the same time each day.

- It gives you more energy to do the things you enjoy.
- It helps you stay out of the hospital.
- It helps you live longer.
- It strengthens your heart and kidneys.
- It can help control your blood pressure.

Tips to help you

- Follow the fact sheet that comes with your medicine. It tells you when and how to take it. Ask for a sheet if you don't get one.
- Have a routine for taking your medicine. Take it at the same time each day. A watch with an alarm or a mobile medical app that you can use on your smartphone can help.

- Take your medicine at least 1 hour before you eat, if you are taking captopril or moexipril, as described in the manufacturer's instructions, or 2 hours after you eat. You may take all other ACE inhibitors at any time, according to your healthcare provider's instructions.
- Don't change the dose or stop taking your medicine, unless your provider tells you to. It may take a few weeks for you to feel that the medicine is working.

When should I call my healthcare provider?

- You have diarrhea, nausea, vomiting, or you are sweating. These can cause loss of water (dehydration) and low blood pressure.
- You have a dry, hacking cough or a sore throat.
- You feel dizzy or faint, or have a headache.
- You have a fever or chills, trouble breathing or swallowing, or swelling in your face, mouth, lips, arms, lower legs, ankles, or feet. These may be signs of an allergic reaction.
- You have any other unusual symptoms.

Tell your healthcare provider if you want to become pregnant or think you may be pregnant. ACE inhibitors can cause serious side effects to your unborn child. Your healthcare provider can prescribe medicine to replace your ACE inhibitor that may be safer to take while you are pregnant or trying to become pregnant.

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