

## Counseling Points for Diuretics, ACE- Inhibitors, ARBS, Calcium Channel Blockers, and Beta Blockers

Medication class	Examples	Common side effects	Counseling points
Diuretics “water pill”	Hydrochlorothiazide, Triamterene, Spironolactone, Furosemide, Bumetanide	Increased urination, Dehydration, hypotension, dizziness, electrolyte abnormalities	Stay hydrated! Get labs done to check kidneys and electrolytes
ACE-Inhibitors	Lisinopril, Ramipril, benazepril, enalapril	Dry cough, increased potassium, hypotension, dizziness	Don’t use in pregnancy, get labs done
ARBs	Losartan, candesartan, Olmesartan, valsartan	Increased potassium, hypotension, dizziness	Don’t use in pregnancy, get labs done
Calcium Channel blockers	Dihydropyridine: Amlodipine, nifedipine  Non-dihydropyridine: diltiazem, verapamil	Ankle swelling, headache, constipation, hypotension, dizziness	Watch for ankle swelling
Beta blockers	Propranolol, metoprolol, atenolol, carvedilol	Slows the heart rate, masking of hypoglycemia, hypotension, dizziness, fatigue	Don’t abruptly stop taking!