

Entresto (Sacubitril Valsartan)

An information guide



Entresto (Sacubitril Valsartan)

You have been given a medicine called Entresto or Sacubitril Valsartan.

Why has my doctor or heart failure nurse given me Entresto (Sacubitril Valsartan)?

Entresto (Sacubitril Valsartan) is a new medicine which has been shown to reduce the symptoms of heart failure which is when your heart is not working as well as it should.

You are probably already taking medicines to treat this condition but are still experiencing symptoms such as breathlessness, tiredness and ankle swelling.

Your Cardiologist or Heart Failure Specialist Nurse that you are seeing believes you may benefit from taking this medicine.

How does it work?

Entresto (Sacubitril Valsartan) blocks the effect of the enzyme Nephilysin, which inactivates the Natriuretic peptide hormones, which are protective to the heart and help the heart cope with its weakness.

Natriuretic Peptides help your body to retain less water, reduce blood pressure, etc. and this reduces the amount of ankle swelling and breathlessness that you may be suffering from.

How should I take my Entresto (Sacubitril Valsartan)

Always follow the instructions on the label. **Do not** stop taking this medicine unless your doctor tells you to stop.

Your first prescription for Entresto (Sacubitril Valsartan) will be written by the Heart Failure Specialist Nurse or Consultant Cardiologist and should be taken to the hospital pharmacy that will dispense 2 weeks of treatment (28 tablets) .

You will start by taking 24mg/26mg twice daily (one tablet in the morning and one tablet in the evening).

You will have been given a sequence of appointments with your Heart Failure Specialist Nurse at weekly intervals to check your blood pressure and take a blood test.

If the Entresto (Sacubitril Valsartan) is helping it is likely the Heart Failure Specialist Nurse will increase the strength, you should still be taking the tablet twice daily.

The Heart Failure Specialist Nurse will write to your GP to inform them of the changes to your medicines.

If you are taking medicines called ACE inhibitors (eg Lisinopril, Ramipril, Perindopril, Quinapril, Enalapril, Trandolapril, Fosinopril) or ARBs (eg Valsartan, Candesartan, losartan, Irbesartan, Olmesartan, Eprosartan, Telmisartan) you must stop these 48 hours before taking Entresto, (Sacubitril Valsartan).

What should I do if I miss a dose?

Take it as soon as you remember. If it is nearly time for the next dose, do not take the one you missed. Take the next dose at the usual time. **Do not** double up the next dose.

What are the side effects of Entresto (Sacubitril Valsartan)

Like all medicines, Entresto (Sacubitril Valsartan) can cause side effects in some people. The most common side effect is a fall in blood pressure, which may make you feel lightheaded, dizzy or faint. This side effect is likely to become less noticeable with time, but if you cannot cope please contact the Heart Failure Specialist Nurse.

Other side effect may include changes in the levels of chemicals in your blood (e.g. potassium) and how well your kidneys work. For this reason you must have a blood test 2 weeks after starting your new tablets. This will be arranged by your Heart Failure Specialist Nurse.

Stop taking Entresto (Sacubitril Valsartan) and seek immediate medical attention if you notice any swelling of the face, lips or tongue and/or throat, which may cause difficulties in breathing or swallowing. These may be signs of angioedema (swelling caused by a build-up of fluid in deeper layers of the skin - an uncommon side effect which may affect 1 in 100 people).

For more information about cautions, warning and side effects please read the patient information leaflet supplied with your medicine.

Can I take other medicines while taking Entresto (Sacubitril Valsartan)?

Yes, but some other medicines may affect how Entresto (Sacubitril Valsartan) works. It is important that you check with your doctor, heart failure nurse or pharmacist before taking any other medicines, including ones that you buy.

The information in this leaflet should be read together with the information provided by the manufacturer of your medication.

Please read the leaflets carefully regarding instructions on storing your medication and always keep it out of the reach of children.

If you have any concerns regarding your medication contact your pharmacist, doctor or heart failure nurse.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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