

APPENDIX A

Medications and Side Effects

Type	Examples of Medications	Possible Side Effects
Anti-platelets	Antithrombotic Aspirin Aspirin/dipyridamole (Aggrenox) Clopidogrel (Plavix) Ticlopidine	Stomach discomfort/heart burn Nausea/vomiting/diarrhea Excessive bleeding Easy bruising Headache (Aggrenox only — should go away with time, but may take a month or longer)
Blood pressure lowering	ACE inhibitors Benazepril (Lotensin) Captopril (Capoten) Enalapril (Vasotec) Fosinopril (Monopril) Lisinopril (Prinivil, Zestril) Moexipril (Univasc) Perindopril (Aceon) Quinapril (Accupril) Ramipril (Altace) Trandolapril (Mavik)	Dizziness Cough Problems with kidneys Increases potassium level Swollen face, tongue and throat (get medical help immediately)
	Angiotensin II Receptor Blockers (ARBs) Azilsartan (Edarbi) Candesartan (Atacand) Eprosartan (Teveten) Irbesartan (Avapro) Losartan (Cozaar) Olmesartan (Benicar) Telmisartan (Micardis) Valsartan (Diovan)	Dizziness Problems with kidneys Increases potassium level

Type	Examples of Medications	Possible Side Effects
Blood pressure lowering	Diuretics (Fluid pills) Bumetanide (Bumex) Chlorothiazide (Diuril) Chlorthalidone (Hygroton) Furosemide (Lasix) Hydrochlorothiazide (Hydrodiuril) Metolazone (Zaroxolyn) Torsemide (Demadex)	Dizziness Decreases potassium and magnesium levels Frequent urination Dehydration
	Beta-Blockers Acebutolol (Sectral) Atenolol (Tenormin) Betaxolol (Kerlone) Bisoprolol (Zebeta) Carvedilol (Coreg) Labetalol (Trandate) Metoprolol (Lopressor, Toprol XL) Nadolol (Corgard) Propranolol (Inderal)	Feeling tired Dizziness Masks low blood sugar Possibly worsens asthma symptoms
	Calcium Channel Blockers Amlodipine (Norvasc) Diltiazem (Cardizem) Felodipine (Plendil) Nifedipine (Adalat, Procardia) Nisoldipine (Sular) Verapamil (Calan, Verelan)	Swelling in legs, ankles and feet Constipation
Cholesterol lowering	HMG CoA Reductase Inhibitors (Statins) Atorvastatin (Lipitor) Fluvastatin (Lescol) Lovastatin (Mevacor) Pitavastatin (Livalo) Pravastatin (Pravachol) Rosuvastatin (Crestor) Simvastatin (Zocor)	Muscle pain Stomach discomfort/nausea/constipation Headache Liver problems Dark colored urine (call your health care provider)

Type	Examples of Medications	Possible Side Effects
Cholesterol lowering	Bile Acid Sequestrants Cholestyramine (Questran) Colesevelam (Welchol) Colestipol (Colestid)	Stomach discomfort/heart burn Constipation
	Fibric Acid Derivatives Fenofibrate (Lofibra, Tricor, Triglide, Antara, Fenoglide, Lipofen) Gemfibrozil (Lopid)	Stomach discomfort/nausea/ vomiting/ constipation Liver problems Dark colored urine (call your health care provider)
	Nicotinic Acid Niacin (Niaspan, Niacor, Slo-Niacin)	Flushing/itching Stomach discomfort/nausea/ vomiting Liver problems
	Ezetimibe (Zetia)	Stomach discomfort Diarrhea Liver problems
	Omega-3-Acid Ethyl Esters (Lovaza)	Stomach discomfort/heart burn Altered taste
Anticoagulants (blood thinners)	Apixaban (Eliquis) Dabigatran (Pradaxa) Enoxaparin (Lovenox) Rivaroxaban (Xarelto) Warfarin (Coumadin)	Easy bruising Excessive bleeding Stomach discomfort (Pradaxa only — should go away with time)