Antihypertensives and high blood pressure
Information for patients and their families

What is blood pressure?
It is the force of blood flow through the arteries around your body.

Blood pressure depends on:
• the width of the arteries
• the pumping force of the heart
• the amount of water and salt in your body.

Normal blood pressure:
• a normal blood pressure is considered to be 120/80mmHg.

What is considered to be high blood pressure?
• high blood pressure is considered to be > 140/90 mmHg
• if you have chronic kidney disease - Your blood pressure target is 130/80mmHg.

Medications work in at least one of three ways:
• stop the narrow constriction of blood vessels
• remove fluid
• stop the heart from over working.

For further information please contact us.

Sunshine Coast Renal Services
Phone: 5470 6504 or 5470 5349

Kidney Health Australia
Phone: 1800 454 3639

Kidney Support Network
Phone: (07) 3300 0906

Partnering with Consumers - Standard 2
Consumers and/or carers provided feedback on this patient information.

Medication Safety - Standard 4
Clinical leaders and senior managers of a health service organisation implement systems to reduce the occurrence of medication incidents, and improve the safety and quality of medicine use.

Service Delivery - Standard 11
Patients and the community have access to safe, high quality healthcare services that are appropriate, effective and meet their needs.

Provision of Care - Standard 12
The intention of this standard is to ensure high quality care is delivered to consumers/patients throughout the care continuum.

© State of Queensland (Sunshine Coast Hospital and Health Service) 2016
http://creativecommons.org/licences/by/3.0/au/deed.en
# High blood pressure medication (Antihypertensives)

<table>
<thead>
<tr>
<th>Class of drug</th>
<th>Generic names</th>
<th>Mechanism of action</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-blockers Names end in 'olol'</td>
<td>• Metoprolol • Atenolol • Labetolol. • Propranolol • Carvedilol • Bisoprolol.</td>
<td>Relax constricted blood vessels. Slows heart rate.</td>
<td>• Slows heart rate • Fatigue • Tightening of chest • Decreased libido • Erectile dysfunction. • Glucose intolerance • Diminished awareness of low sugar levels in diabetics.</td>
</tr>
<tr>
<td>Angiotensin Converting Enzyme-inhibitors Names end in 'pril'</td>
<td>• Perindopril • Ramipril • Lisinopril. • Enalapril • Captopril • Fosinopril.</td>
<td>Relax constricted blood vessels. Slows down the progression of kidney disease by lowering blood pressure if it is too high, and improves the health of kidney cells.</td>
<td>• Cough • Skin rash • Taste disturbances.</td>
</tr>
<tr>
<td>Calcium channel blockers</td>
<td>• Amlodipine • Felodipine • Nifedipine. • Lercanidipine • Diltiazem • Verapamil.</td>
<td>Widens blood vessels, making it easier for your heart to pump blood around the body. Helps to increase the supply of blood and oxygen to your heart.</td>
<td>• Headache • Flushing • Dizziness • Palpitations. • Ankle oedema • Reflux • Nausea.</td>
</tr>
<tr>
<td>Alpha-blockers</td>
<td>• Prazosin.</td>
<td>Relaxes blood vessels, making it easier for blood to move around your body. It also relieves prostate problems by relaxing muscles in the prostate gland and increasing the flow of urine.</td>
<td>• Blocked nose • Headache • Fatigue • Drowsiness. • Dizziness or light-headedness when standing up (Postural hypotension).</td>
</tr>
<tr>
<td>Angiotensin II receptor blockers Names end in ‘sartan’</td>
<td>• Irbesartan • Candesartan • Telmisartan. • Losartan • Eprosartan • Valsartan.</td>
<td>Lowsers blood pressure by dilating (expanding) small blood vessels away from the heart, letting the blood be pumped around the body more easily.</td>
<td>• Headache • Chest or throat infection • Flu-like symptoms. • Feeling sick (nausea, vomiting) • Back pain • Dizziness.</td>
</tr>
<tr>
<td>Diuretics/fluid tablets</td>
<td>• Frusemide • Spironolactone • Hydrochlorothiazide.</td>
<td>Helps reduce the amount of excess fluid in the body by increasing the amount of urine produced.</td>
<td>• Dry mouth or thirst • Fainting • Weakness, tiredness or drowsiness • Muscle pain or cramps • Fast heart beat.</td>
</tr>
<tr>
<td>Others</td>
<td>• Methyldopa • Hydralazine • Minoxidil • Moxonidine.</td>
<td>Widening blood vessels so that blood passes through them more easily.</td>
<td>Ask your pharmacist</td>
</tr>
</tbody>
</table>