

# Sacubitril / Valsartan

Medication Information Leaflets

## What is this medication for?

This medication is used in the treatment of heart failure. Heart failure occurs when the heart is weak and is unable to pump enough blood to the rest of the body.

Sacubitril/Valsartan (Entresto) allows your blood vessels to relax and widen to make it easier for the heart to pump blood around your body.

Entresto also reduces the risk of death and hospital admission for heart failure. It is usually used with other medications to treat heart failure, replacing medications that belong to Angiotensin-Converting Enzyme (ACE) inhibitor or Angiotensin Receptor Blocker (ARB) drug classes.

## How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- You may take this medication with or without food.

## What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

## What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication.
- You are pregnant, planning to become pregnant, or breastfeeding. Once you find out you are pregnant, stop the medication as soon as possible. Taking this medication can cause injury and death to your developing foetus.
- You have taken a type of medication belonging to the drug class of Angiotensin-Converting Enzyme Inhibitors (ACE inhibitors e.g. Enalapril, Lisinopril etc) in the last 36 hours.

## What are some common side-effects of this medication?

Side effects of Entresto may include:

- Dizziness and lightheadedness
  - This may occur especially when you get up quickly from lying or sitting down. Getting up slowly or changing posture slowly may help. Take a rest by sitting or lying down if you feel dizzy.
- Increased potassium levels in your blood
  - Your doctor may monitor your potassium levels and kidney function when you are on this medication.

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children. Throw away all expired medications.

## **How should I throw away this medication safely?**

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

## **Disclaimers**

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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