



Patient information service  
**Bristol Heart Institute**  
**Adult congenital heart disease**

# Ramipril



Respecting everyone  
Embracing change  
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**Our hospitals.**

**Above + Beyond**   
For Patients. For Health. For Bristol.

Ramipril (pronounced 'ram-e-prill') prevents your body from creating a substance known as angiotensin II. It does this by blocking a chemical called angiotensin-converting enzyme. Ramipril widens your blood vessels and helps to reduce the amount of water put back into your blood by your kidneys.

## **How does it work?**

Ramipril can be used on its own or alongside other medicines to help lower the blood pressure.

Your heart condition may require you to take ramipril to stop your heart from working too hard, and to protect your heart and blood vessels from further damage.

# Before taking ramipril

Before taking ramipril, make sure your doctor or pharmacist knows:

- if you are pregnant, trying for a baby or breastfeeding
- if you have kidney or liver problems
- if you are on a salt restricted diet
- if you have dialysis treatment
- if you are dehydrated (for example if you have had diarrhoea and sickness very recently)
- if you have problems with circulation, for example atherosclerosis or peripheral vascular disease
- if you have collagen vascular disease (diseases of the connective tissues)
- if you have cardiomyopathy (cardiac muscle disease) or aortic stenosis (narrowing of the blood vessel from the heart)
- if you have a history of angioedema (where the face, tongue and throat swell)
- if you are taking other medicines, including those available to buy without a prescription, herbal and complementary medicines
- if you have ever had an allergic or unusual reaction to any other ACE inhibitor (this includes enalapril, lisinopril and perindopril) or to any other medicine.

## **Important information**

Ramipril is usually taken once a day. Try to take ramipril at the same time each day to avoid missing any doses.

If you forget to take a dose, take it as soon as you remember unless it is nearly time for your next dose, in which case leave out the missed dose. Do not take two doses together to make up for a missed dose.

## **Ramipril and pregnancy**

**It is important to discuss pregnancy with your doctor. Ramipril should be stopped during pregnancy, as it may affect the development and growth of the baby.**

## **Side effects**

Tell your doctor if any of these symptoms are severe or do not go away:

### **Dry, tickly cough**

If this becomes troublesome, speak with your doctor. Your medication can be changed.

### **Dizziness**

Make sure your reactions are normal before driving, operating machinery, or doing any other jobs that could be dangerous if you were not fully alert. If this affects you, do not drink alcohol as it may increase any feelings of dizziness.

### **Headache**

Ask your pharmacist to recommend a suitable painkiller. If the headache continues, speak with your doctor.

## Feeling or being sick, diarrhoea

Eat little and often. Stick to simple or plain foods – avoid rich or spicy foods. Drink plenty of water to replace lost fluids.

## Important

**If you experience any of the following symptoms, speak with your doctor or go to your local emergency department straight away:**

- difficulty breathing, swelling of the face, mouth, tongue or throat
- jaundice (yellowing of the skin and whites of the eyes)
- chest pain
- a severe skin rash.

**You may wish to write down any questions you have for your cardiologist or GP:**

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## **Specialist nurse contact information**

### **Sheena Vernon**

Adult congenital heart specialist nurse

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## **Website for more information**

<http://www.patient.co.uk/medicine/ramipril.htm>



Please note that if for any reason you would value a second opinion concerning your diagnosis or treatment, you are entirely within your rights to request this.

The first step would usually be to discuss this with the doctor or other lead clinician who is responsible for your care.

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact **Smokefree Bristol** on **0117 922 2255**.

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit:  
**[www.uhbristol.nhs.uk/research-innovation](http://www.uhbristol.nhs.uk/research-innovation)**  
or call the research and innovation team on  
**0117 342 0233**.

For access to other patient leaflets and information please go to the following address:

**[www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/](http://www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/)**

**Hospital switchboard: 0117 923 0000**



**Minicom: 0117 934 9869**



**[www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)**



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print, audio or PDF format, please call the patient information service:



**0117 342 3728 / 3725**

