

Patient Information leaflet (prior to starting Sacubitril/Valsartan (Entresto®)

Why have we contacted you?

Your doctor, heart failure nurse or heart failure pharmacist has already briefly spoken to you about this new tablet to help treat your heart failure. This leaflet provides further written information to help you make a decision whether or not you want to proceed and change over from one of your current heart failure tablets to this new one.

What is this new tablet?

This treatment belongs to a new class of medicine called angiotensin receptor neprilysin inhibitors (ARNIs).

Sacubitril/Valsartan is a tablet that needs to be taken twice a day, roughly 12 hours apart. Most people take the tablet first thing in the morning and in the early evening.

It has been specifically designed for people with heart failure. The medicine works in two ways to help improve the heart's ability to pump blood round the body:

- It increases the body's natural defences against heart failure.
- It blocks the body's natural system which has a harmful effect on the heart.

This treatment may not be the only medication you are taking for heart failure. If you are currently prescribed either of the types of treatment below, you will need to stop taking these 48 hours before you start Sacubitril/Valsartan (Your doctor will tell you **when** and **how** to do this when you see them):

- Angiotensin Converting Enzyme Inhibitors (ACEI) (the name of these medicines all end in 'pril')
- Angiotensin Receptor Blockers (ARB) (the name of these medicines all end in 'sartan').

Are there any side effects with this new tablet?

Patients taking this medicine generally found that side effects, if present, were manageable. The most common side effects you may notice include cough, light headedness due to a reduction in blood pressure or increased fluid retention.

A complete list of all known side effects is available in the Product Information Leaflet provided with your medicine.

If you do experience something that worries you, you should talk to your heart failure nurse doctor or pharmacist, as they will be able to offer you the best advice.

Is it better than the tablets I take at the moment?

Sacubitril/Valsartan was compared to Enalapril (an ACE inhibitor) in a large clinical trial. The results showed an improvement for heart failure patients. Your doctor can give you more details when you come to see them.

Do I have to change to this new drug?

No. If you decide after speaking to your doctor or nurse and reading this leaflet that you would prefer to carry on taking your usual heart failure medicines that is absolutely fine.

What will happen next?

Your heart failure nurse will make an appointment for you to come in and see a cardiologist. We will then discuss in more detail what you need to do

What do I do if I want more information?

If you want more information *before* you decide to change to this new tablet please feel free to ask when you come in for your appointment or call to speak to your heart failure nurse

If you want more information *after* you start taking this new tablet simply call your heart failure nurse or speak to the pharmacy department.