



# Your guide to



**Entresto**<sup>™</sup>  
sacubitril/valsartan

This guide has been given to you because you have been prescribed **Entresto (sacubitril/valsartan)** to help manage your heart failure. It does not replace the patient information leaflet provided with your medicine, which you are advised to read in full.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <http://www.mhra.gov.uk/yellowcard>. By reporting side effects you can help provide more information on the safety of this medicine.

 **NOVARTIS**

# Why have I been prescribed this medicine?

**You have been prescribed** this medicine because you have received a diagnosis of a type of long-term heart failure.\*<sup>1,2</sup>

**Heart failure means** your heart isn't pumping blood around your body as well as it should, but it doesn't mean your heart has stopped working – you just need some help to get it to work more efficiently.<sup>3</sup>

**You must continue** to take your treatment until your doctor tells you otherwise, as it may help your heart work the way it should and may reduce your chances of being readmitted to hospital.

**If you have any questions** about your medication, please contact your healthcare professional, who will help put your mind at ease.

## Starting this medication<sup>1</sup>

**Please see the diagram below for what to do when you get home.**

You have been started on sacubitril/valsartan



**Please see next page about how to take it at home**

You were previously taking some medications ending in 'pril' e.g. enalapril, or 'sartan' e.g. valsartan. You must stop taking them before you start this treatment.



If you were previously taking medications ending in 'pril', you must stop taking them **two days** before you start taking this medication. If you are unsure what to do, contact your healthcare professional who will be able to help you. If you have any of your old medication left over, please dispose of it safely or ask your pharmacist or GP to do this for you.

\*Entresto (sacubitril/valsartan) is indicated in adult patients for treatment of symptomatic chronic heart failure with reduced ejection fraction<sup>1</sup>

# How do I take this medication?

You have been started on:

mg twice daily

Day/date to start:

The dosage for your treatment may be adjusted by your healthcare professional to suit your personal treatment needs.<sup>1,2</sup>

**This medication 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.

**If you have problems** remembering when to take it, you could try one of the following:



**Set an alarm** to remind you to take each dose.



**Let friends and family know your medication schedule,** so they can remind you to take your medication.



**Leave your medication out somewhere visible** where you'll always see it, but keep it out of children's reach.



**Combine taking your medication with a daily task** such as making coffee or brushing your teeth.



**Pack enough medication** with you if you go away on holiday.



**Reorder your medication in plenty of time** before you run out.



**The usual starting dose of your medicine is 49 mg/51 mg twice a day but some patients are started on a lower initial dose if they have certain specific health issues. Your healthcare professional may look to increase this to the optimal recommended dose, 97 mg/103 mg twice a day, after 2–4 weeks. The dose may then be further adjusted to suit your personal treatment needs.<sup>1,2</sup>**

This is perfectly normal and simply allows your body time to adapt to the medication, and potentially reduce side effects. You should only increase your dose if told to do so by your doctor.

# What should I do if I miss a dose?

**Taking your medicine at the right time**, each day, means it will help your heart pump blood round your body effectively. If you miss a single tablet, you will not normally notice an effect, and you should simply take your next dose at the usual time.

**If you regularly miss, or stop taking, your medicine**, your symptoms may get worse more quickly. It is therefore very important that you talk to your heart failure nurse, doctor or pharmacist about how they can support you with taking your medicine.

## Contact your healthcare professional (HCP)

If you have any questions about your treatment or are concerned about how you're feeling, contact your healthcare professional. Your HCP is here to help you, whatever your concern is, and wherever you are.

My heart failure nurse or doctor is:

Name:



Phone number:



Email:



# What side effects might you experience while using this medication?

**All medication can cause some side effects** in some people and these will be monitored as part of your check-ups with your healthcare team. Not everyone experiences side effects, and some side effects will pass within a few days as your body adjusts to the new medication.

**Patients taking this medicine** generally found that side effects, if present, were manageable. The most common symptoms you may notice include light-headedness and dizziness due to low blood pressure. Other common side effects are high levels of potassium in the blood and reduced renal function, which can be detected in a blood test. Symptoms may not always be present.<sup>1,2</sup>

**A complete list of all known side effects is available** in the Patient 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.

**You can also report your side effects directly** via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting your side effects, you can help us provide more information about the safety of this medicine.



# What should you keep in mind when taking this medicine?<sup>1</sup>

- ✗ You should stop taking this medication immediately if you develop any allergic reaction to it. You should report any reaction to your healthcare professional or by using the Yellow Card Scheme.
- ✗ This medication should not be taken with aliskiren, a drug prescribed for high blood pressure. It is contraindicated with aliskiren if you're also diabetic and/or have renal impairment.
- ✗ This medication should not be taken at the same time as drugs called angiotensin-converting enzyme (ACE) inhibitors and cannot be administered until 36 hours after stopping one of these drugs. If you think an ACE inhibitor is on your medication list, please consult your healthcare professional immediately.
- ✗ This medication must not be taken by pregnant women.
- ✓ Read the patient information leaflet for a complete list of precautions and contraindications.
- ✓ Please talk to your healthcare professional if you suffer from liver disease.

**If you are unsure** of any of the points listed here you should speak with your healthcare professional.

## Further information

For further information, you may find the following websites useful:

**Pumping Marvellous:**

[www.pumpingmarvellous.org](http://www.pumpingmarvellous.org)

**British Heart Foundation:**

[www.bhf.org.uk](http://www.bhf.org.uk)

# References

1. Entresto (sacubitril/valsartan) Summary of Product Characteristics.
2. Entresto (sacubitril/valsartan) Package leaflet: Information for the patient. Available at: <https://www.health.novartis.co.uk/public/medicines/entresto> [Accessed February 2022].
3. British Heart Foundation. Heart failure. Available at: <https://www.bhf.org.uk/informationsupport/conditions/heart-failure> [Accessed February 2022].



**Scan the QR code to visit the  
Entresto patient website for more  
support with your Entresto treatment**