



Your in-hospital guide



Entresto[™]
sacubitril/valsartan

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

This booklet has been initiated and developed by Novartis as a service to medicine.

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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.

Why have I been prescribed this medication in hospital?

You have been prescribed this medication because you have received a diagnosis of a type of long-term heart failure.*^{1,2}

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.³

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 continuing your medication from home, please contact a healthcare professional from your heart failure team, who will help put your mind at ease.

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, and your nurse or doctor has stopped these before you started on this medication in hospital. **You must not restart them when you get home.**



If you were previously taking medications ending in 'pril' or 'sartan' you must not restart them when you get home from hospital. If you are not sure what to do, contact the healthcare professional from your heart failure team, 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, GP or heart failure nurse to do this for you.

*Entresto (sacubitril/valsartan) is indicated in adult patients for treatment of symptomatic chronic heart failure with reduced ejection fraction¹

How do I take this medication?

You have been started on:

mg twice daily

The dosage for your treatment may be adjusted by your healthcare professional to suit your personal treatment needs.^{1,2}

This medicine 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.



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)

Your Heart Failure Specialist Nurse team will be in touch with you when you are discharged from hospital. They will continue to monitor you and optimise your medications.

If you do not hear from them within two weeks please contact your general practitioner (GP) – particularly if you have any questions about your treatment, or how you are feeling. Your heart failure team 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 medicine?

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.^{1,2}

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. 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?^{1,2}

- ✗ 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 heart failure nurse, doctor or pharmacist.

Further information

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

Pumping Marvellous:

www.pumpingmarvellous.org

British Heart Foundation:

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**