



# 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 discussions between you and your healthcare professional, and 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  
Pharmaceuticals UK Limited

 **NOVARTIS**

If you get side-effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of your medication.

# 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</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.

**If you have any questions** about your medication, please contact your healthcare professional.

## Starting this medication

**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**

If you are taking another type of medicine called an angiotensin converting enzyme (ACE) inhibitor (for example enalapril, lisinopril or ramipril), which is used to treat high blood pressure or heart failure, wait for 36 hours after taking the last dose before you start to take Entresto.<sup>1,2</sup>



If you were previously taking medications ending in 'pril', you must stop taking them **36 hours** before you start taking this medication. Tell your doctor, pharmacist or nurse if you (or your child) are taking, have recently taken or might take any other medicines. It may be necessary to change the dose, to take other precautions, or even to stop taking one of the medicines.<sup>1,2</sup>

\* Entresto (sacubitril/valsartan) is indicated in adult patients for treatment of symptomatic chronic heart failure with reduced ejection fraction<sup>2</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. Always take this medicine exactly as your healthcare professional has told you. Check with your healthcare professional if you are not sure.

**This medication is a tablet that needs to be taken twice a day,<sup>1</sup>** 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.



## Starting Entresto<sup>®</sup>

**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.

## Prescribed Entresto<sup>®</sup> in hospital?

Once discharged from hospital your Heart Failure Specialist Nurse team will be in touch with you. 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).

## 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. Do not take a double dose to make up for a forgotten dose.<sup>1</sup>

**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. Do not stop taking your medicine unless your doctor tells you to.<sup>1</sup>

## 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.

**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. Talk to your doctor, pharmacist or nurse before or when taking Entresto if you have low blood pressure or are taking any other medicines that reduce your blood pressure, if you have kidney disease, if you have hyperkalaemia (high levels of potassium in the blood).<sup>1</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>

### Do not take Entresto

- if you are allergic to sacubitril, valsartan or any of the other ingredients of this medicine (Listed in section 6 of the patient information leaflet).
- if you are taking another type of medicine called an angiotensin converting enzyme (ACE) inhibitor (for example enalapril, lisinopril or ramipril), which is used to treat high blood pressure or heart failure. If you have been taking an ACE inhibitor, wait for 36 hours after taking the last dose before you start to take Entresto (see “Other medicines and Entresto” in the patient information leaflet).
- if you have ever had a reaction called angioedema (rapid swelling under the skin in areas such as the face, throat, arms and legs which can be life threatening if throat swelling blocks the airway) when taking an ACE inhibitor or an angiotensin receptor blocker (ARB) (such as valsartan, telmisartan or irbesartan).
- if you have a history of angioedema which is hereditary or for which the cause is unknown (idiopathic).
- if you have diabetes or impaired kidney function and you are being treated with a blood pressure lowering medicine containing aliskiren (see “Other medicines and Entresto” in the patient information leaflet).
- if you have severe liver disease.
- if you are more than 3 months pregnant (see “Pregnancy and breast-feeding” in the patient information leaflet).

**If any of the above applies to you, do not take Entresto and talk to your doctor.**

### Warnings and precautions

Talk to your doctor, pharmacist or nurse before or when taking Entresto:

- if you are being treated with an angiotensin receptor blocker (ARB) or aliskiren (see “Do not take Entresto” section).
- if you have ever had angioedema (see “Do not take Entresto” and “Possible side effects” in the patient information leaflet).
- if you have low blood pressure or are taking any other medicines that reduce your blood pressure (for example, a medicine that increases urine production (diuretic)) or are suffering from vomiting or diarrhoea, especially if you are aged 65 years or more, or if you have kidney disease and low blood pressure.
- if you have kidney disease.
- if you are suffering from dehydration.
- if your kidney artery has narrowed.
- if you have liver disease.
- if you experience hallucinations, paranoia or changes in sleeping pattern while taking Entresto.
- if you have hyperkalaemia (high levels of potassium in the blood).
- if you suffer from heart failure classified as NYHA class IV (unable to carry on any physical activity without discomfort and may have symptoms even when resting).

**Read the patient information leaflet for a complete list of precautions and contraindications.**

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



## A website to support you with your Entresto® (sacubitril/valsartan) treatment

My-Entresto.co.uk is designed to support patients like you with heart failure and your ongoing sacubitril/valsartan treatment. It was created alongside heart failure patients to ensure all provided information, tools and resources are relevant and helpful in supporting you on your treatment journey.

### My-Entresto features:



Useful guides



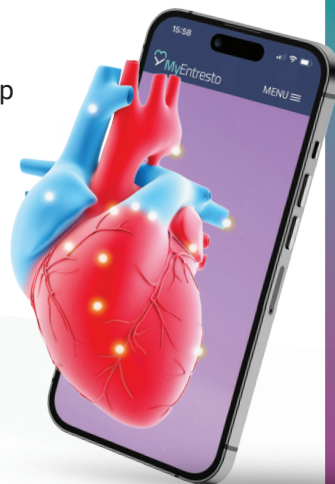
Daily reminder app



Helpful tools and videos about how Entresto works



Tips and advice for living with heart failure & much more...



**Discover how My-Entresto can support you by scanning the QR code.**

### References

1. Entresto Patient Information Leaflet (PIL) (2023) Entresto 97 mg/103 mg film-coated tablets - patient information leaflet (PIL) - (EMC). Available at: <https://www.medicines.org.uk/emc/product/5074/pil#about-medicine> [Accessed July 2024]
2. Entresto (sacubitril/valsartan) Summary of Product Characteristics
3. British Heart Foundation. Heart failure. Available at: <https://www.bhf.org.uk/informationsupport/conditions/heart-failure> [Accessed July 2024]

This website is intended for patients in the UK who have been prescribed Entresto® (sacubitril/valsartan). This website has been developed and funded by Novartis Pharmaceuticals UK Ltd.

UK | July 2024 | 427341

**NOVARTIS**