

Medicines for your heart - Patient advice sheet

Recovery after having a cardiovascular event such as a heart attack, stent(s) inserted, heart surgery, heart failure or developing an irregular heart rhythm is key to helping your symptoms, lifestyle and improve life span. Taking your medication is an important part of this. This advice sheet aims to provide you with some useful resources and videos to help you understand more about your medicines.

Resources you may find helpful regarding medicines include:

- **British Heart Foundation**

Explains heart medications including frequently asked questions and possible side effects
Search the website or the links below:

Videos - <http://tiny.cc/BHFvideos>

Booklet - <http://tiny.cc/BHFmedicinesbooklet>

Website - www.bhf.org.uk/

- **Medtap app**

Offers you a wide range of information with short videos on common heart medicines and common medication questions.

Download the app, click or search the link: <http://tiny.cc/Medtapvideos>

Medicines helpline - 01494 425355 Monday to Friday 12noon – 5pm

E-mail: bucks.medicinesresourcecentre@nhs.net

We can provide information about:

- how and when you should take your medicines
- whether you can take other medicines with them
- whether you will experience any side effects

Cardiac rehabilitation team

If you have been referred to or are under the care of the cardiac rehabilitation team please contact **01494 426917** for further support if needed.

Heart failure team

If you have been referred to or are under the care of the heart failure team please contact **01494 426919** for further support if needed.



Scan this QR code to obtain the above information on your phone or other device

If you need advice or further assistance, please contact our patient advice and liaison service (PALS): call 01296 316042 or email bht.pals@nhs.net

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor