

Valsartan - Oral

Trade Name: Diovan®

Prescription Types: 80 mg and 160 mg capsules

Drug Company: Novartis Pharmaceuticals Corporation

Uses:

Valsartan is an angiotensin II receptor blocker (ARB). It is prescribed to treat high blood pressure (hypertension). High blood pressure is often a result of poor kidney function. Poor kidney function leads to the release of aldosterone, which in turn causes the body to retain more salt and water. The increased amount of fluid will cause the blood pressure to rise.

Combinations of high blood pressure medication are often prescribed. Specifically, diuretics (water-reducing drugs) plus valsartan help to decrease blood pressure.

A fixed combination of Valsartan and a diuretic, called Diovan HCT (valsartan and hydrochlorothiazide), is available for patients who need additional blood pressure control beyond Valsartan or hydrochlorothiazide alone.

How To Take This Medication:

Take this medication exactly as prescribed. Try to take it at the same time every day.

Do not stop taking this drug without consulting your physician. Some conditions may get worse when the drug is suddenly stopped. Feeling well means the drug is working and is not a reason to stop.

Precautions:

Pregnant women should not take valsartan. The drug is known to stop development of a growing fetus and can even result in death of the fetus when taken during the second and third trimester.

Patients who are sensitive to sulfonamide-derived drugs should not take Diovan HCT.

Patients who are experiencing anuria (lack of urine output) should not take valsartan before consulting a physician.

Possible Side Effects:

Valsartan (Diovan®) has been thoroughly tested in over 4000 patients. The drug

is well tolerated and has proven to have equal amount of adverse reactions as those patients who were given a placebo (a fake drug which contains absolutely no pharmaceutical ingredient).

Possible side effects are:

- viral infection
- fatigue
- abdominal pain
- headaches
- dizziness
- coughing
- diarrhea

This is not a complete list of side effects. If you experience an unusual symptom while taking valsartan, consult your physician immediately.

Drug Interaction:

There are no significant drug interactions known to occur with valsartan.

Note: It is important to have your blood pressure checked regularly. Learn how to monitor your own blood pressure and visit your doctor when you suspect changes in your blood pressure level.