

# HYPERTROPHIC CARDIOMYOPATHY

## HCM medication list

Keep an updated copy of this list in your purse or wallet.

Drug type	Medication name	Reason for taking	Dose (amount); this may change over time	How often (for example 1/ day, 2/ day)	Time of day to take it and how (w/ or w/o food)	What to do if I miss a dose	Side effects to watch for, report
Beta blocker (for example, metoprolol, atenolol and bisoprolol)							
Calcium channel blocker (for example, verapamil, diltiazem)							
Blood thinners (anticoagulants)							
Water pill (diuretic)							

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Other heart medicines you take (for example, ACE-inhibitor, ARBs)							
Other prescription medications, over-the-counter drugs or supplements							



## Medication reminders

- Medication should always be coupled with healthy lifestyle choices.
- Make sure you understand why each medicine is recommended and how it benefits your heart and health.
- You may start taking a medication at a low dose (amount). Your clinician will gradually increase the dose based on how you are doing. Always take your medications as directed.
- You will likely be prescribed more than one medication; they will work together to improve your heart health.
- Be sure to review all of the medications you take, including for other conditions. Ask if there are medications, including supplements and those available over-the-counter, that you should avoid.
- Try to use the same pharmacy for all of your medications and don't forget that your pharmacist can answer questions and review your medications.

Let your care team know if you have any issues with your medications - for example, remembering to take them, concerns about side effects/how they make you feel, difficulty paying for them, and/or not understanding why certain medications are needed.