



## Ivabradine (Lancora™)

### What is ivabradine?

This is a type of medication that slows the heart rate. It does this by inhibiting the electrical current made by the heart's natural pacemaker.

### How can it help with heart failure?

Ivabradine works by slowing your heartbeat by a few beats each minute. This reduces the work of your heart (workload).

Your healthcare provider decides the right dose for you to take. This dose might be changed, based your heart rate.

This medication could be added to your treatment. When used with other heart failure medications, **it may:**

- ♥ Slow the worsening of your heart failure
- ♥ Improve your heart failure symptoms
- ♥ Improve your ejection fraction\*
- ♥ Prevent stays in the hospital for heart failure treatment



### What if you miss taking a dose?

Ivabradine is taken 2 times a day, in the morning and in the evening.

If more than 4 hours until your next dose, take the missed dose then take your usual dose at the usual time.

If less than 4 hours until your next dose, just take your next scheduled dose. Do not take the missed dose.

Never take 2 doses at the same time.

\*To learn more about 'ejection fraction', see '*Understanding Heart Failure – The Basics*'. Go to the BC Heart Failure Network web site - 'For Patients and Families'. Select 'Co-Management Resources' and open 'Heart Failure 101'.

### Cautions

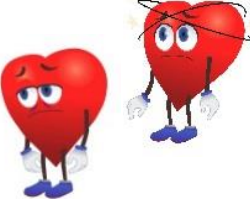


#### Do not take any of the following without checking with your healthcare provider

- ✗ Black licorice
- ✗ Alcohol
- ✗ Cough or cold medicines
- ✗ St. John's Wort
- ✗ Herbal or Chinese medicines
- ✗ Aboriginal herbs
- ✗ Anti-inflammatory medicines (such as Advil, Ibuprofen, Motrin, Naproxen, Aleve, Celebrex, Indocid)

#### Ivabradine is not for you if:

- You are allergic to this medication.
- Your resting heart rate is less than 70 beats a minute before taking this medication.
- Your blood pressure is lower than 90/50 (90 over 50).
- You have a pacemaker.
- You have one of these heart conditions:
  - a recent heart attack
  - severe heart failure needing a stay in the hospital
  - atrial fibrillation
  - long QT interval
- You have severe liver problems.
- You are pregnant or trying to get pregnant.
- You are breastfeeding.
- You are younger than 18 years old.
- You are taking certain antibiotics, certain anti-fungal medicines, certain HIV medicines, and/or a certain medicine for depression (Your healthcare provider know which ones).

**Contact your healthcare provider if any of these side effects continue or get worse**

Common Side Effects	What to do
<p>Slow heartbeat causing you to feel:</p> <ul style="list-style-type: none"> <li>- Tired or weak</li> <li>- Dizzy</li> <li>- Lightheaded</li> </ul> 	<p>Get up slowly when changing position, such as moving from lying to sitting or sitting to standing.</p> <p>Balance rest with activity.</p> <p>If your heart rate is less than 50 beats a minute, your healthcare provider might lower the dose or ask you to stop taking it.</p>
<p>Palpitations – irregular heartbeat</p>	<p>Contact your healthcare provider. You might need your heart rhythm checked with heart tracing (electrocardiogram or E.C.G.).</p>
<p>Vision problems, especially when the brightness of light around changes suddenly, such as</p> <ul style="list-style-type: none"> <li>- Blurred vision</li> <li>- See bright spots of light</li> <li>- See halos around objects</li> <li>- See flashes of colour or patterns</li> </ul> <p>These are temporary and happen in the first 2 months of taking this medication.</p>	<p>Wear sun glasses if the vision problems get worse with changes of light.</p> <p>Check with your healthcare provider. They might want to lower the dose.</p> <p>Do not stop taking this medication without checking with your healthcare provider.</p>
<p>Nausea or Stomach upset</p> 	<p>Take this medication with food.</p> <p>Get rid of strong smells.</p> <p>Open windows to get fresh air.</p> <p>Use a fan, air deodorizers, or air fresheners.</p>
Less Common Side Effects	What to do
<p>Diarrhea, constipation, abdominal pain</p> <p>Rash, redness of the skin, itching</p>	<p>Contact your healthcare provider.</p>
Serious but not Common Side Effects	What to do
<p>Trouble breathing</p> <p>Difficulty swallowing</p> <p>Swelling of your face, lips, tongue</p> 	<p><b>Stop taking this medication immediately.</b></p> <p>Go to your nearest emergency department.</p>

## Medication Tips

- ♥ Expect to go for a heart tracing (E.C.G.):
  - before you start taking this medication
  - 2 weeks after you start taking it
  - any time your healthcare provider changes the dose
- ♥ Take your ivabradine exactly as directed by your healthcare provider, even if you feel well.
- ♥ **Do not suddenly stop taking** ivabradine without checking with your healthcare provider first, **except if**:
  - You are having trouble breathing or difficulty swallowing
  - You have swelling of your face, lips, or tongue.
  - You are so dizzy you are falling down.
- ♥ **Do not** drink grapefruit juice or eat grapefruits while taking this medication. Grapefruit changes how this medication is absorbed in the body, causing more side effects.
- ♥ Certain medications can affect how this medication is absorbed in your body and can increase the side effects. Always tell your healthcare provider what other medicines you are taking, including:
  - antibiotics
  - medications to treat a fungal infection
  - medications to treat depression
  - medications to treat HIV
  - herbal, Chinese, or Aboriginal natural remedies or medicines
  - medications for your heart or blood pressure
  - medications to treat epilepsy

If you have questions about taking your medications, or missed doses, contact your pharmacist, your healthcare provider, or call 8-1-1 (in British Columbia).

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### For more information about **ivabradine**:

- Go to The Heart and Stroke Foundation of Canada ([heartandstroke.com](http://heartandstroke.com))
- Call 8-1-1 if you live in British Columbia.