FAIRVIEW PHARMACY — EST. 1978

# Taking losartan safely

losartan (Cozaar) · blood pressure and kidney protection

## 3 MISTAKES TO AVOID

1. **Taking it during pregnancy**
   It can harm or kill an unborn baby. Stop and call as soon as you know.
2. **Adding potassium or new medicines**
   Potassium, salt substitutes, lithium and NSAIDs need a check first.
3. **Starting while dehydrated**
   Low fluids or high-dose water pills can drop your blood pressure too low.

## How to take it

- **Once or twice a day,** with or without food, as prescribed.
- The full effect can take several weeks. Keep taking it even when you feel well.
- Your prescriber checks blood pressure, kidneys and potassium.

## Tell your pharmacist

- Potassium supplements or salt substitutes with potassium
- Lithium, NSAIDs like ibuprofen or naproxen, water pills
- An ACE inhibitor or aliskiren. **Never aliskiren if you have diabetes.**
- Kidney disease, kidney artery narrowing, or severe heart failure
- Breastfeeding

**IMPORTANT**

**Boxed warning:** losartan can cause injury or death to an unborn baby. If you become pregnant, stop taking it and call your prescriber as soon as you know.

**EMERGENCY: CALL 911**

**Swelling of the face, lips, tongue or throat, or trouble breathing:** stop losartan and get help right away.

## Call your doctor if you notice

- Severe dizziness or fainting
- Much less urine
- Vomiting or diarrhea that keeps you from drinking enough

## Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for COZAAR (losartan), Patient Information rev. 6/2021. COZAAR is a trademark of its owner.

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