FAIRVIEW PHARMACY — EST. 1978

Using valsartan safely

ARB (Diovan) · blood pressure, heart failure, after a heart attack

3 MISTAKES TO AVOID

1. **Staying on it during pregnancy**
   Can seriously harm the baby. Stop and call your doctor right away.
2. **Not sharing your full medicine list**
   NSAIDs, lithium, potassium, and aliskiren all matter.
3. **Ignoring dizziness or stopping on your own**
   Lie down, call your doctor, and don't stop without asking.

How to take it

- With or without food. Take it the same time each day; never stop it without talking to your doctor first.
- Missed dose? Take it as soon as you remember, unless it's almost time for your next one. Never double up.

Pregnancy warning

IMPORTANT

Can cause serious injury or death to the baby if taken in the second or third trimester. The moment you learn you're pregnant, stop valsartan and call your doctor right away.

- Planning to become pregnant? Talk with your doctor about your options first.

Share your full medicine list

- Ask before ibuprofen, naproxen, lithium, water pills, or other blood pressure medicines.
- Potassium supplements and salt substitutes can raise your potassium too high.
- **Diabetes:** never combine with aliskiren. An ACE inhibitor or another ARB is usually avoided too.

Watch for

- Feeling lightheaded, dizzy, or faint, especially on a water pill, a low-salt diet, or dialysis. Lie down and call your doctor.
- Not recommended for children younger than 1 year. Breastfeeding is not recommended.

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

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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.
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