



## PATIENT & CAREGIVER EDUCATION

# Valsartan

This information from Lexicomp® explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

### **Brand Names: US**

Diovan

### **Brand Names: Canada**

Diovan

### **Warning**

#### **If your child is or may be pregnant:**

- Do not give this drug to your child if she is pregnant. Use during pregnancy may cause birth defects or loss of the unborn baby. If your child gets pregnant or plans on getting pregnant while taking this drug, call the doctor right away.

#### **What is this drug used for?**

- It is used to treat high blood pressure.
- It may be given to your child for other reasons. Talk with the doctor.

#### **What do I need to tell the doctor BEFORE my child**

## **takes this drug?**

- If your child has an allergy to this drug or any part of this drug.
- If your child is allergic to any drugs like this one or any other drugs, foods, or other substances. Tell the doctor about the allergy and what signs your child had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If your child is taking a drug that has aliskiren in it and your child also has high blood sugar (diabetes) or kidney problems. Check with the doctor or pharmacist if you are not sure if a drug your child takes has aliskiren in it.
- If your child has kidney disease.
- If your child is younger than 6 years of age. Do not give this drug to a child younger than 6 years of age.

## **If your child is breast-feeding a baby:**

- Be sure your child does not breast-feed a baby while taking this drug.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for your child to take this drug with all of his/her drugs and health

problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

## **What are some things I need to know or do while my child takes this drug?**

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child avoid tasks or actions that call for alertness until you see how this drug affects your child. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles.
- To lower the chance of feeling dizzy or passing out, have your child rise slowly if your child has been sitting or lying down. Have your child be careful going up and down stairs.
- It may take several weeks to see the full effects.
- Have your child's blood pressure checked often. Talk with your child's doctor.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- If your child is taking a salt substitute that has potassium in it, a potassium-sparing diuretic, or a potassium product, talk with your child's doctor.
- If your child is on a low-salt or salt-free diet, talk with your child's doctor.

- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- Have your child be careful in hot weather or while your child is being active. Have your child drink lots of fluids to stop fluid loss.
- Tell the doctor if your child has too much sweat, fluid loss, throwing up, or diarrhea. This may lead to low blood pressure.
- If your child is taking this drug and has high blood pressure, talk with the doctor before giving OTC products that may raise blood pressure. These include cough or cold drugs, diet pills, stimulants, ibuprofen or like products, and some natural products or aids.
- If your child is taking lithium, talk with the doctor. Your child may need to have blood work checked more closely while taking it with this drug.
- Do not switch between different forms of this drug without first talking with the doctor.
- This drug may not work as well in black patients. Talk with the doctor.

### **What are some side effects that I need to call my child's doctor about right away?**

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or

symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of a high potassium level like a heartbeat that does not feel normal; change in thinking clearly and with logic; feeling weak, lightheaded, or dizzy; feel like passing out; numbness or tingling; or shortness of breath.
- Very bad dizziness or passing out.
- Swelling in the feet or hands.
- Change in eyesight.

### **What are some other side effects of this drug?**

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Dizziness.
- Belly pain.
- Back pain.

- Diarrhea.
- Feeling tired or weak.
- Headache.
- Flu-like signs.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

### **How is this drug best given?**

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

### **All products:**

- Give this drug with or without food.
- Give this drug at the same time of day.
- Have your child drink lots of noncaffeine liquids every day unless told to drink less liquid by your child's doctor.
- To gain the most benefit, do not miss giving your child doses.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.

### **Liquid (solution):**

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

### **Tablets:**

- A liquid (suspension) can be made if your child cannot swallow pills. Talk with your child's doctor or pharmacist.
- If a liquid (suspension) is made, shake well before use.
- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

### **What do I do if my child misses a dose?**

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

### **How do I store and/or throw out this drug?**

#### **All products:**

- Store at room temperature.
- Store in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so.

Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

## **Tablets:**

- If a liquid (suspension) is made from the tablets, it may be stored at room temperature or in a refrigerator. If stored at room temperature, throw away any part not used after 30 days. If stored in a refrigerator, throw away any part not used after 75 days.

## **General drug facts**

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Keep a list of all your child's drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your child's doctor.
- Talk with your child's doctor before giving your child any new drug, including prescription or OTC, natural products, or vitamins.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.



- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

## **Consumer Information Use and Disclaimer**

This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.

## **Last Reviewed Date**

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If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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