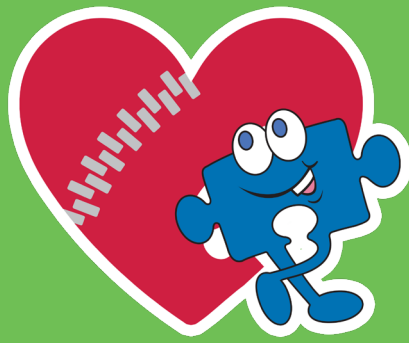
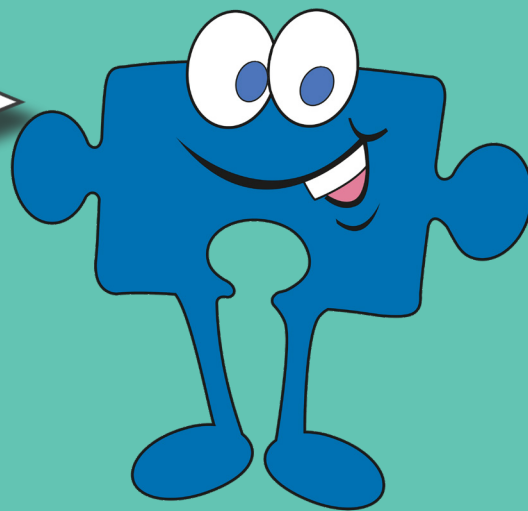




LHM Kidz

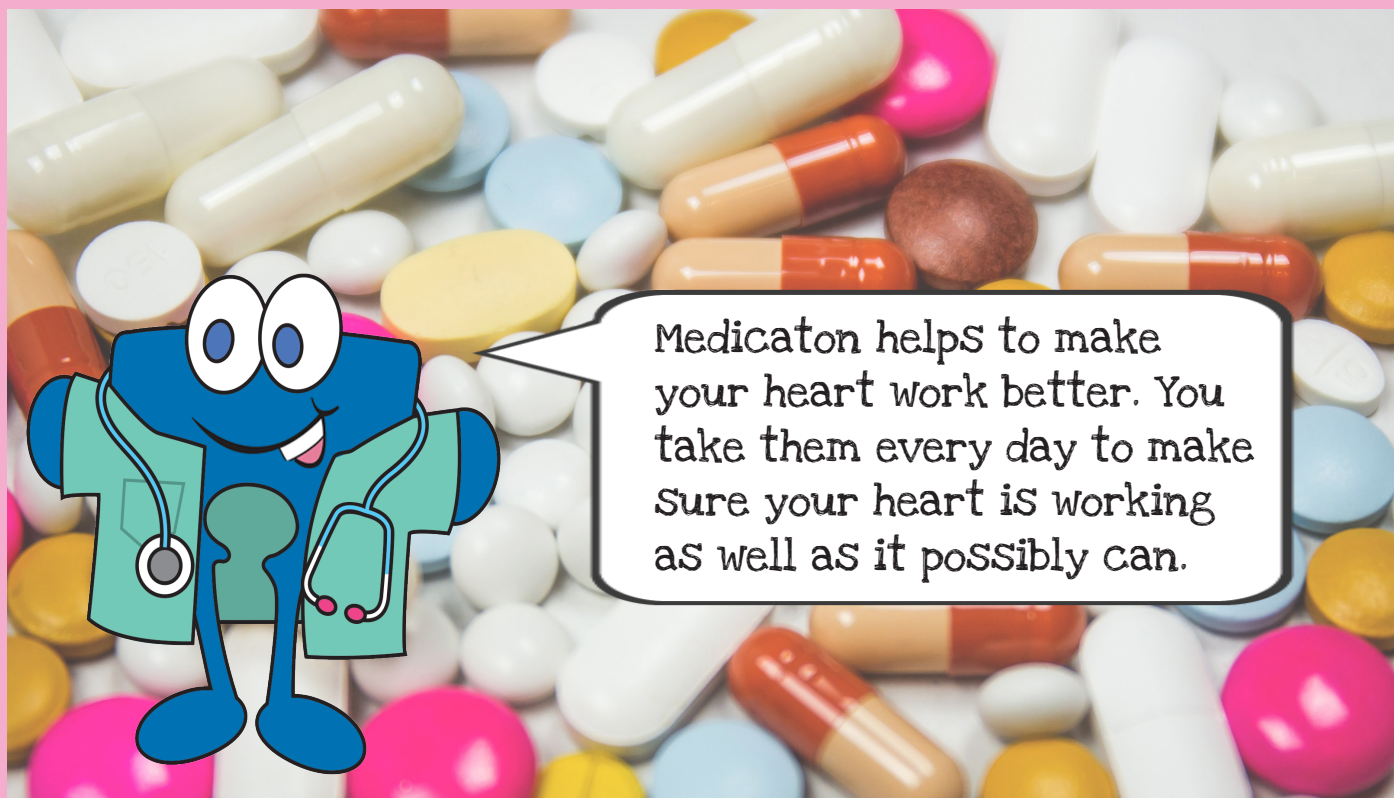
I have a special heart
Your medication

Let's discover
about your
medication
together!



Specially created for our young members

Why do I have to take medication every day?



Medication helps to make your heart work better. You take them every day to make sure your heart is working as well as it possibly can.

Can you remember which medications you take?

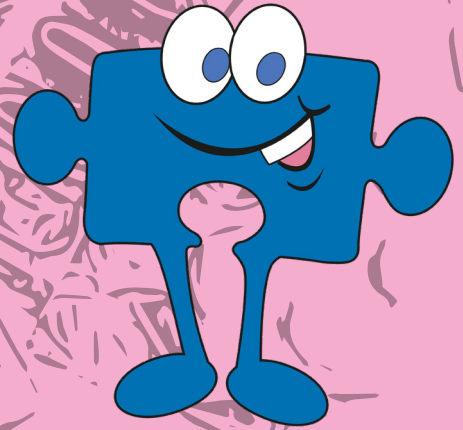
- ★ Write them in the box below to help you remember.
- ★ If you don't know, let's get those detective skills out again and see if you can find out.



A large empty rectangular box for writing.

If you want to know a bit more,
here's some great info about
what they all do!

Tick the ones that you take.



Diuretics -
like Furosemide, Amiloride, Spironolactone



These are medications that make your kidneys work harder to create urine from the fluid moving around the body in your blood. The more fluid that is in your blood, the harder the heart has to work to pump it around the body. We need lots of water in our bodies to keep the blood moving around, so keep drinking lots of water to stay hydrated, but the old liquid in the blood needs to be weeded out.

Medications that help the heart work



Captopril, Lisinopril,
Ramipril, Enalapril

Open the blood vessels (your veins and arteries) to make it easier for the blood to travel through them, which makes the heart's job easier.



Digoxin and Carvedilol

slows down the heart rate and makes the heart muscle work better.



**Anti-arrhythmics - like Digoxin,
Amiodarone and Beta blockers**

These are medications that help a heart that is not beating in a steady rhythm. These drugs strengthen the heartbeat and make the beat more regular, like in a piece of music.



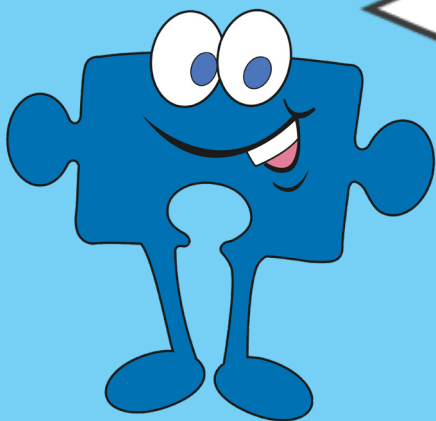
Anti-pulmonary hypertensives - like Sildenafil and Dipyridamole

These are drugs that work specifically in the lungs to bring down the blood pressure. It helps to open the blood vessels (veins and arteries) inside the lungs so that the blood can pass through them more easily as they pick up oxygen. If you have a Fontan heart it works better if the blood pressure in the lungs is low.



Anticoagulants- like Aspirin, Warfarin, Dipyridamole, Clopidogrel

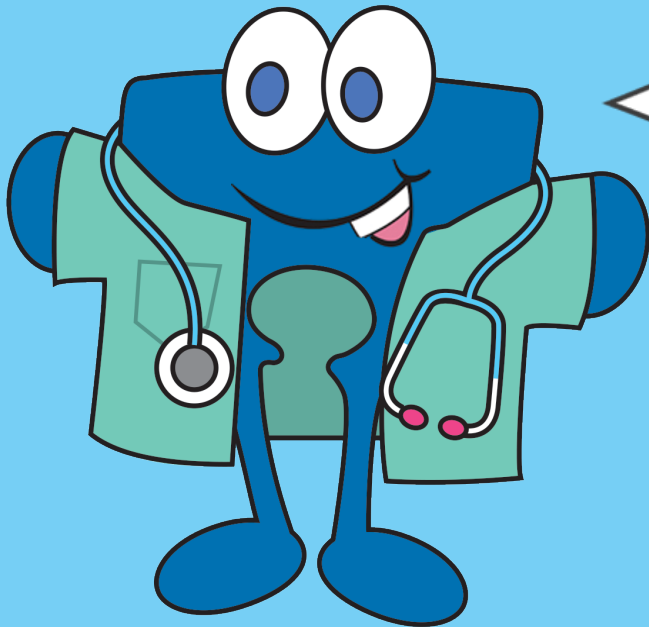
These all help to thin your blood, which makes it easier for your heart to pump it around the body. It also lessens the chance of your blood clotting (cells sticking together to make a scab inside the body), which can be common around places where your heart has had surgery.



Jigzy's top tip:

When taking anticoagulants, you are likely to bleed more if you cut or bruise yourself. So if you hurt yourself you need to make sure you get help to stop the bleeding. If you have a really bad bump, it might be worth a trip to the hospital to check everything is okay.

What should you do if you cut or injure yourself and you're taking an anti-coagulant?



Jigzy's top tip:

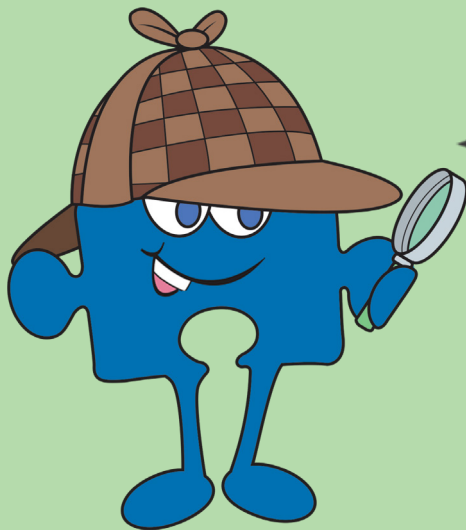
It's always helpful to find an adult to help if you're hurt so they can help with first aid and keep an eye on you if needed.

If you spot you've managed to get a bruise keep an eye on it.

It should get smaller over time, not bigger! If it gets much bigger fast tell an adult and get some medical help just in case it's serious.



Most cuts and grazes can be sorted at home by putting pressure on the area with a clean dressing for at least five minutes. When it's stopped bleeding pop a plaster on it. Take it easy for a few hours to make sure the area doesn't start bleeding again.



There are many different types of medication you could be taking. If you are taking any that aren't listed here then maybe you could use your detective skills to find out what they do?

You could:

- * Ask your parent or carer
- * Ask a medical professional, like your heart doctor or GP
- * Use an online search engine.
- * Ask in the LHM hub, there may be another child that is taking the same medication.
- * Ask Jigzy by going to the LHM Kidz page on our website
- * Ask Olivia, Kidz lead at LHM, by emailing olivia@lhm.org.uk

My Medications

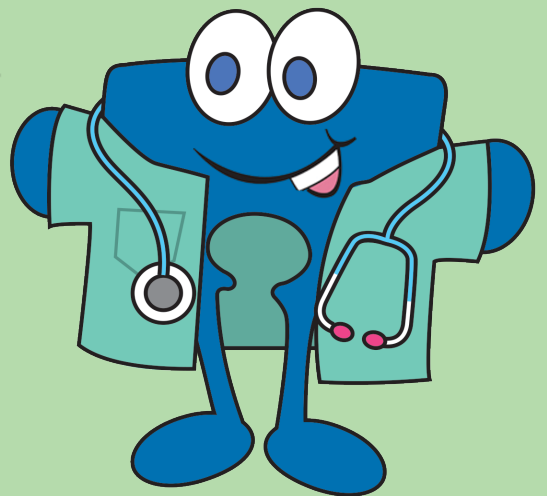


If I am worried or have a question who should I ask?

The doctor or nurse looking after you will always be able to help or give answers if you need them. If they aren't available, you can contact the team at LHM and we will help find the answers for you. Also, you can always have a chat on the LHM hub, some of the LHM Kidz will be able to remember their surgeries and hospital stays and may be able to give you some advice.

Wow! Well done! You've learned LOADS about your medication.

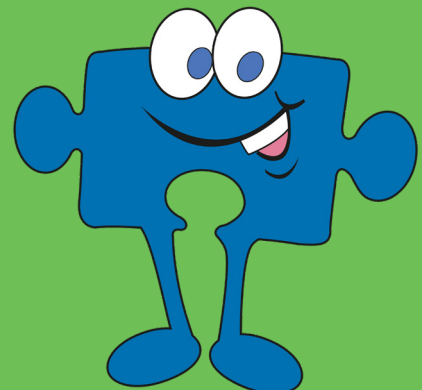
If you feel like learning more check out some of the other LHM Kidz info packs we have available on your LHM Kidz webpage!

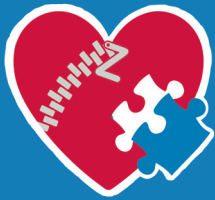


LHM Kidz info available:

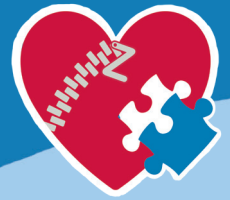
- ★ My Heart
- ★ I have a special heart, what does that mean?
- ★ Hospitals do a lot of tests, what do they all do?

Jigzy is always working hard to bring you new information and content for your LHM Kidz webpage, so keep checking back to see what's new. If there is anything you would like to see in future please email olivia@lhm.org.uk to share your ideas!





LHM Kidz Youth Hub App



We have created a safe online space for all of our youth members living with half a heart. Here you can chat with Olivia, our youth mentors AND your LHM friends.

we have created three chat groups;

- LHM KIDZ - for our 7-11 year old members
- LHM JUNIORS - for our 12-14 year olds members
- LHM SENIORS - for our 15-17 year old members



You'll be able to access our online calendar and online youth groups to chat about life topics, or just chill and play games.

Just scan the QR code, create a profile and away you go!



Little Hearts Matter

0121 455 8982 | info@lhm.org.uk | www.lhm.org.uk



@LHM_UK



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