

# Byvalson (nebivolol / valsartan) basics

**Lowers blood pressure.** Byvalson (nebivolol / valsartan) is a good 2-in-1 blood pressure-lowering medicine for people with heart conditions, but can be expensive.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Byvalson (nebivolol / valsartan)</b> Drug effectiveness	[Blue gradient bar from Hours to Weeks]				
<b>Possible side effects†</b>	Hours	Days	Weeks	Months	Long term
<b>Headache</b>	[Red gradient bar from Hours to Days]				
<b>Dizziness</b>	[Red gradient bar from Hours to Days]				
<b>Cough</b>	[Red gradient bar from Hours to Days]				
<b>High potassium levels</b>		[Red gradient bar from Days to Weeks]			
<b>Nausea</b>	[Red gradient bar from Hours to Days]				
<b>Fatigue</b>	[Red gradient bar from Hours to Weeks]				

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take Byvalson (nebivolol / valsartan) with or without food.
- Check your blood pressure 1 week after starting this medicine, and tell your doctor if it hasn't improved.
- Don't stop taking this medicine suddenly or else you may experience rebound increase in blood pressure.
- Avoid salt substitutes or supplements containing potassium.
- Your doctor will regularly check your blood tests to monitor your kidney function.

## Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

### Harm to fetus

Byvalson (nebivolol / valsartan) causes birth defects. If you're pregnant, stop taking Byvalson (nebivolol / valsartan) right away and talk to your doctor.

### Low blood pressure

Byvalson (nebivolol / valsartan) causes lightheadedness or dizziness, especially when standing up from a sitting or laying position. This is more likely if you combine Byvalson (nebivolol / valsartan) with alcohol or other blood pressure medicines. Talk to your doctor if this is happening frequently.

### Abrupt discontinuation

Do not stop taking Byvalson (nebivolol / valsartan) suddenly without talking to your doctor since doing so can worsen your heart disease. Talk to your doctor if you are interested in stopping this medication.