


Your Heart Failure Medicines Checklist:

Work with your doctor for **ONE Positive Change!**

Below is a chart that shows the different heart failure medications. Please:

- 1) Check off which medicines you take in the “**common names of medicine**” column.
- 2) Fill in the dose of medicine that you take each day in the “**my current dose**” column.

Bring this chart to your next clinic appointment and discuss your medicines with your medical provider or doctor.

Medicine Family	Common names of medicine (Brand name):	My current dose:	 Target dose:
<u>Water Pill (diuretic)</u>	<i>Furosemide</i> (Lasix)	}	As much as you need to feel better.
	<i>Bumetanide</i> (Bumex)		
	<i>Torsemide</i> (Demadex)		
<u>Beta Blocker</u>	<i>Carvedilol</i> (Coreg)	}	25-50mg 2x per day
	<i>Metoprolol Succinate</i> (Toprol XL)		200mg daily
	<i>Bisoprolol</i> (Zebeta)		10mg daily
<u>Blood Vessel Relaxing Medicine</u>	<i>Enalapril</i> (Vasotec)	}	10-20mg 2x per day
	<i>Captopril</i> (Capoten)		50mg 3x per day
	<i>Ramipril</i> (Altace)		10mg daily
	<i>Lisinopril</i> (Prinivil or Zestril)		20-40mg daily
	<i>Losartan</i> (Cozaar)		100-150mg daily
	<i>Candesartan</i> (Atacand)		32mg daily
	<i>Valsartan</i> (Diovan)		160mg 2x per day
	<i>Sacubutril/Valsartan</i> (Entresto) [recommended medicine for this group]		97/103 mg 2x per day
<u>Potassium Raising Medicine</u>	Spironolactone (Aldactone)	}	50mg daily
	Eplerenone (Inspra)		50mg daily
<u>OTHERS to consider</u>	Ivabradine (Corlanor)	}	7.5mg 2x per day
	Hydralazine/Isosorbide		100/40mg 3x per day
	Digoxin (Lanoxin or Digox)		Depends on kidney function (0.0625-0.25mg daily or every other day)

Hover over ⓘ to learn more.

How are you feeling on your current medicines?

Remember: **YOU** are the person who knows you best. **YOU** have the most to gain by being on the best treatments possible. **YOU** have a right to ask questions about your own care!

Work with your doctor to make **ONE POSITIVE CHANGE** at your next appointment.