


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. **Aim to make one positive change.**

Medicine Family	Common Names of Medicine (Brand name)	My Current Dose	 Target Dose	Your Cost
Water Pill (diuretic)	<input type="checkbox"/> Furosemide (<i>Lasix</i>)		As much as you need to feel better	
	<input type="checkbox"/> Bumetanide (<i>Bumex</i>)			
	<input type="checkbox"/> Torsemide (<i>Demadex</i>)			
Adrenaline Blocking (beta blocker)	<input type="checkbox"/> Carvedilol (<i>Coreg</i>)		25-50 mg 2x per day	
	<input type="checkbox"/> Metoprolol Succinate (<i>Toprol XL</i>)		200 mg daily	
	<input type="checkbox"/> Bisoprolol (<i>Zebeta</i>)		10 mg daily	
Blood Vessel Relaxing (ACE/ARB)	<input type="checkbox"/> Sacubutril/Valsartan (<i>Entresto</i>) [recommended medicine]		97/103 mg 2x per day	
	<input type="checkbox"/> Lisinopril (<i>Prinivil or Zestril</i>)		20-40 mg daily	
	<input type="checkbox"/> Enalapril (<i>Vasotec</i>)		10-20 mg 2x per day	
	<input type="checkbox"/> Captopril (<i>Capoten</i>)		50 mg 2x per day	
	<input type="checkbox"/> Ramipril (<i>Altace</i>)		10 mg daily	
	<input type="checkbox"/> Losartan (<i>Cozaar</i>)		100-150 mg daily	
	<input type="checkbox"/> Candesartan (<i>Atacand</i>)		32 mg daily	
	<input type="checkbox"/> Valsartan (<i>Diovan</i>)		160 mg 2x per day	
Potassium Raising	<input type="checkbox"/> Spironolactone (<i>Aldactone</i>)		50 mg daily	
	<input type="checkbox"/> Eplerenone (<i>Inspra</i>)		50 mg daily	
Sodium Glucose Eliminating	<input type="checkbox"/> Canagliflozin (<i>Invokana</i>)		100 mg daily	
	<input type="checkbox"/> Dapagliflozin (<i>Farxiga</i>)		10 mg daily	
	<input type="checkbox"/> Empagliflozin (<i>Jardiance</i>)		10 mg daily	
	<input type="checkbox"/> Ertugliflozin (<i>Steglatro</i>)		5 mg or 15 mg daily	
OTHERS to consider	<input type="checkbox"/> Hydralazine/Isosorbide		100 mg/40 mg 3x per day	
	<input type="checkbox"/> Ivabradine (<i>Corlanor</i>)		7.5 mg 2x per day	
	<input type="checkbox"/> Digoxin (<i>Lanoxin or Digoxin</i>)		Depends on kidney function (0.0625-0.25 mg daily or every other day)	

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!