

# HeartMeds Guide



Work with your doctor for *ONE Positive Change!*

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

1. **Bring to your next clinic appointment** to discuss with your clinician, and if you are able:
2. Check off which medicines you take in the “Type of Medicine” and “Common Names of Medicine” columns.
3. Fill in the dose of medicine that you take each day in the “My Current Daily Dose” column.

Type of Medicine	Common Names of Medicine (Brand Name) Select 1 medicine in each medicine type	My Current Daily Dose	Target Dose 	Cost <sup>▲</sup>
<input type="checkbox"/> <b>Beta Blocker</b> (blocks adrenaline)	<input type="checkbox"/> Carvedilol (Coreg)		25-50 mg 2x per day	\$
	<input type="checkbox"/> Metoprolol Succinate (Toprol XL)		200 mg daily	\$
	<input type="checkbox"/> Bisoprolol (Zebeta)		10 mg daily	\$
<input type="checkbox"/> <b>ARNI/ARB/ACE*</b> (relaxes blood vessels)	<input type="checkbox"/> Sacubitril/Valsartan (Entresto) [Recommended drug from this group]		97/103 mg 2x per day	\$\$\$
	<input type="checkbox"/> Lisinopril (Prinivil or Zestril)		20-40 mg daily	\$
	<input type="checkbox"/> Enalapril (Vasotec)		10-20 mg 2x per day	\$
	<input type="checkbox"/> Losartan (Cozaar)		50-150 mg daily	\$
	<input type="checkbox"/> Candesartan (Atacand)		32 mg daily	\$
	<input type="checkbox"/> Valsartan (Diovan)		160 mg 2x per day	\$
<input type="checkbox"/> <b>MRA*</b> (heart-protecting water pill)	<input type="checkbox"/> Spironolactone (Aldactone)		25-50 mg daily	\$
	<input type="checkbox"/> Eplerenone (Inspra)		50 mg daily	\$
<input type="checkbox"/> <b>SGLT inhibitor*</b> (blocks sugar uptake)	<input type="checkbox"/> Dapagliflozin (Farxiga)		10 mg daily	\$\$\$
	<input type="checkbox"/> Empagliflozin (Jardiance)		10 mg daily	\$\$\$
	<input type="checkbox"/> Sotagliflozin (Inpefa)		200-400 mg daily	\$\$\$
<input type="checkbox"/> <b>Loop Diuretic</b> (powerful water pill)	<input type="checkbox"/> Furosemide (Lasix)		As much as you need to feel better	\$
	<input type="checkbox"/> Bumetanide (Bumex)			\$
	<input type="checkbox"/> Torsemide (Demadex)			\$
<input type="checkbox"/> <b>Others to consider</b>	<input type="checkbox"/> Hydralazine / Isosorbide		75-100 mg/40 mg 3x per day	\$
	<input type="checkbox"/> Ivabradine (Corlanor)		7.5 mg 2x per day	\$\$\$
	<input type="checkbox"/> Digoxin (Lanoxin or Digoxin)		0.0625-0.25 mg daily	\$
	<input type="checkbox"/> Vericiguat (Verquvo)		10 mg daily	\$\$\$

\*There are other medicine options in this category which are less commonly used.

▲ Cost for medicines range depending on your insurance coverage. Some medicines are not yet available as generic, which can make them more expensive.

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 care.

For more details on medicine decisions, information on cost, and to contact us, please visit our website: [patientdecisionaid.org](http://patientdecisionaid.org)

Key: ARNI=angiotensin receptor-neprilysin inhibitor, ACE=angiotensin converting enzyme inhibitor, ARB=angio-tensin receptor blocker, MRA=mineralocorticoid receptor antagonists, SGLT=sodium-glucose co-transporter