



## Heart Failure Checklist

### Instructions:

- Check off the medications that you are taking and write down your current dose
- Bring this checklist to your next appointment to discuss it with your doctor

Class	Medication	My dose	Goal dose*
① Beta blocker	<input type="checkbox"/> Carvedilol (Coreg)		25-50mg twice a day
	<input type="checkbox"/> Metoprolol succinate (Toprol XL)		200mg daily
	<input type="checkbox"/> Bisoprolol (Zebeta)		10mg daily
② Angiotensin- converting enzyme inhibitor (ACEi)  or  Angiotensin II receptor blocker (ARB)	<input type="checkbox"/> Sacubitril/Valsartan (Entresto)		97-103mg twice a day
	<input type="checkbox"/> Valsartan (Diovan)		160mg twice a day
	<input type="checkbox"/> Losartan (Cozaar)		150mg daily
	<input type="checkbox"/> Candesartan (Atacand)		32mg daily
	<input type="checkbox"/> Lisinopril (Prinivil/Zestril)		20-40mg daily
	<input type="checkbox"/> Enalapril (Vasotec)		10-20mg twice a day
	<input type="checkbox"/> Captopril (Capoten)		50mg three times a day
③ Mineralocorticoid receptor antagonist	<input type="checkbox"/> Spironolactone (Aldactone)		25-50mg daily
	<input type="checkbox"/> Eplerenone (Inspra)		50mg daily
④ Sodium-glucose cotransporter-2 inhibitors (SGLT2i)	<input type="checkbox"/> Empagliflozin (Jardiance)		10mg daily
	<input type="checkbox"/> Dapagliflozin (Farxiga)		10mg daily

\*Different people may have different goal doses. Work with your doctor to find a dose that is best for you.  
Last updated: 4/13/2023