

My Heart Failure Meds GDMT Tracker

Are you on ONE medication of each color?

TYPE	MEDICATION	X	STARTING DOSE	X	TARGET DOSE	X
BETA BLOCKER	Metoprolol Succinate		12.5 to 25 mg daily		200 mg daily	
	Carvedilol		3.125mg twice daily		25 o 50mg twice daily	
	Carvedilol CR		10mg daily		80mg daily	
	Bisoprolol		1.25,g daily		10mg daily	
MRA	Spironolactone		12.5 to 25mg daily		25 to 50mg daily	
	Eplerenone		25mg daily		50mg daily	
ARNi or ACEi or ARB	Entresto Sacubitril/Valsartan		49mg/51mg twice daily or 24mg/26 twice daily		97mg/103mg twice daily	
	Lisinopril		2.5 to 5mg daily		20 to 40mg daily	
	Enalapril		2.5mg twice daily		10 to 20mg twice daily	
	Ramipril		1.25 to 2.5mg daily		10mg daily	
	Captopril		6.25mg three times daily		50mg three times daily	
	Losartan		25 to 50mg daily		50 to 150mg daily	
	Valsartan		20 to 40mg daily		160mg twice daiy	
SGLT2	Farxiga dapagliflozin		10mg daily		10mgdaily	
	Jardiance empagliflozin		10mg daily		10mg daily	

Notes/Side Effects/Questions for MD