

Your heart failure medicines tracker



According to the American College of Cardiology (ACC) and the American Heart Association (AHA), these are the different types of medications used to treat heart failure. Your doctor may have you on one or more of these medicines. To help you stay on track:

1. Check off which medications you're on
2. Write down the current dose

Bring this tracker with you to your doctor's appointments. Discuss any side effects or symptoms you may be having. This will help you and your doctor figure out which meds are right for you and what changes (if any) need to be made. Try for ONE positive change at each doctor's visit.

	Generic Medicine Name (Brand Name)	Current Dose	Target Dose
Beta-blockers	bisoprolol (Zebeta)	_____ mg/day	10 mg/day
	metoprolol succinate (Toprol)	_____ mg/day	200 mg/day
	carvedilol (Coreg)	_____ mg (2 times/day)	25-50 mg (2 times/day)
Angiotensin- Converting Enzyme (ACE) Inhibitors	captopril (Capoten)	_____ mg (3 times/day)	50 mg (3 times/day)
	ramipril (Altace)	_____ mg/day	10 mg/day
	enalapril (Vasotec)	_____ mg/day	10-20 mg/day
	lisinopril (Prinivil, Zestril)	_____ mg/day	20-40 mg/day
Angiotensin II Receptor Blockers (ARBs)	candesartan (Atacand)	_____ mg/day	32 mg/day
	losartan (Cozaar)	_____ mg/day	150 mg/day
	valsartan (Diovan)	_____ mg (2 times/day)	160 mg (2 times/day)
Angiotensin Receptor- Neprilysin Inhibitors (ARNIs)	sacubitril/valsartan (Entresto)	_____ mg (2 times/day)	97/103 mg (2 times/day)
Aldosterone Receptor Antagonist (MRAs)	eplerenone (Inspra)	_____ mg/day	50 mg/day
	spironolactone (Aldactone)	_____ mg/day	25-50 mg/day

	Generic Medicine Name (Brand Name)	Current Dose	Target Dose
Vasodilators	hydralazine (Apresoline)	_____ mg (3 times/day)	75 mg (3 times/day)
	isosorbide dinitrate (Angitak)	_____ mg (3 times/day)	40 mg (3 times/day)
	Fixed-dose hydralazine/ isosorbide dinitrate	____ tablets (3 times/day)	2 tablets (3 times/day)
Sodium-Glucose Co-transporter 2 Inhibitors (SGLT2)	empagliflozin (Jardiance)	_____ mg/day	10 mg/day
	dapagliflozin (Farxiga)	_____ mg/day	10 mg/day
	canagliflozin (Invokana)	_____ mg/day	100 mg/day
Sinoatrial Node Inhibitor	ivabradine (Corlanor)	_____ mg (2 times/day)	Titrate to heart rate 50-60/min Max Dose 7.5 mg (2 times/day)

Yancy, et al. 2017 ACC Expert Consensus Decision Pathway for Optimization of Heart Failure Treatment: Answers to 10 Pivotal Issues About Heart Failure With Reduced Ejection Fraction: A Report of the American College of Cardiology Task Force on Expert Consensus Decision Pathways.

Yancy, et al. 2013 ACCF/AHA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines.

Murphy et al. Heart Failure With Reduced Ejection Fraction: A Review. JAMA 2020.

Note: Target dose is the optimal dose or maximum tolerated dose.

Check off any symptoms or issues that you're currently having:

Dizzy	Short of breath when leaning over (bendopnea)	Change in taste
Tired		Dry mouth
Dry cough	A rapid or irregular heartbeat	Vision issues (bright lights)
Short of breath	Need more than two pillows to sleep	Cold hands or feet
Chest pain	(need to be propped up)	Depressed
Swelling	Wake up suddenly at night with trouble breathing	Other:
Headaches		
Lack of appetite	Cough produces mucus or pink sputum	
Early satiety or feeling full early		