

From the desk of the:

**THE VIRTUAL NEPHROLOGIST**

<https://thevirtualnephrologist.com/>



## **MEDICATIONS FOR SYSTOLIC CONGESTIVE HEART FAILURE**

Proven medication to keep you out of the hospital and live longer as well as possibly improve the heart function

### **ONE MEDICATION FROM EACH GROUP 1,2,3,4**

#### **GROUP 1: ONLY ONE MEDICATION (DO NOT MIX)**

##### **Angiotensin-Converting Enzyme Inhibitors, (ACE-I)**

Commonly prescribed include:

- Captopril (Capoten)
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril)
- Perindopril (Aceon)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

##### **Angiotensin Receptor Blockers (ARBs)**

Commonly prescribed include:

- Candesartan (Atacand)
- Losartan (Cozaar)
- Valsartan (Diovan)

##### **Angiotensin-Receptor Neprilysin Inhibitors (ARNIs)**

ARNIs are a new drug combination of a Neprilysin inhibitor and an ARB.

- Sacubitril/valsartan (Entresto)

#### **GROUP 2: ONLY ONE MEDICATION (DO NOT MIX)**

##### **Beta Blockers**

(Also known as Beta-Adrenergic Blocking Agents)

Commonly prescribed include:

- Bisoprolol (Zebeta)
- Metoprolol succinate (Toprol XL)
- Carvedilol (Coreg)
- Carvedilol CR (Coreg CR)

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**GROUP 3: ONLY ONE MEDICATION (DO NOT MIX)**

**Mineralocorticoid Receptor Antagonists, MRAs**

Commonly prescribed include:

- Spironolactone (Aldactone), first generation
- Eplerenone (Inspra), second generation
- Finerenone (Kerendia)

**GROUP 4: ONLY ONE MEDICATION (DO NOT MIX)**

**SGLT2 Inhibitors**

Commonly prescribed:

- Dapagliflozin (Farxiga)
- Empagliflozin (Jardiance)

**ONLY IF AFRICAN AMERICAN, USE GROUP 5**

**GROUP 5: Hydralazine and Isosorbide Dinitrate (ONLY benefits African Americans with systolic Congestive Heart Failure)**

Commonly prescribed:

- Hydralazine and Isosorbide Dinitrate (combination drug) - (Bidil)

**TO CONTROL CONGESTION SYMPTOMS**

**Diuretics** (Also known as Water Pills)

Commonly prescribed include:

- Furosemide (Lasix)
- Bumetanide (Bumex)
- Torsemide (Demadex)
- Chlorothiazide (Diuril)
- Amiloride (Midamor)
- Chlorthalidone (Hygroton)
- Hydrochlorothiazide or HCTZ (Esidrix, Hydrodiuril)
- Indapamide (Lozol)



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