

# Recommended target doses for heart failure medications

Examples of treatment doses for heart failure are as follows:

ACE inhibitor		
Drug	Starting Dose	Target Dose
Enalapril	2.5mg BD	10-20mg BD
Lisinopril	2.5-5mg daily	20-35mg daily
Ramipril	1.25-2.5mg daily	5mg BD
Trandalopril	0.5-1mg daily	4mg daily
Captopril	6.25mg TDS	50mg TDS
Perindopril	2mg daily	10mg daily

Angiotensin II receptor blocker		
Drug	Starting Dose	Target Dose
Candesartan	4-8mg daily	32mg daily
Valsartan	20-40mg BD	160mg BD
Irbesartan	75mg daily	300mg daily

Beta-blocker		
Drug	Starting Dose	Target Dose
Carvedilol	3.125mg BD	25-50mg BD
Metoprolol slow-release	23.75mg daily	190mg daily
Bisoprolol	1.25mg daily	10mg daily
Nebivolol	1.25mg daily	10mg daily

Mineralcorticoid receptor antagonist treatment		
Drug	Starting Dose	Target Dose
Spirolactone	12.5-25mg daily	50mg daily
Eplerenone	25mg daily	50mg daily

Korczyk, D., Marwick, T., Kaye, G. (2012). Fast Facts: Heart Failure. Health Press Ltd. Oxford UK.

Similar guidelines for target dosing are available in additional resources such as:

- i) 2009 Focused Update Incorporated Into the ACC/AHA 2005 Guidelines for the diagnosis and management of heart failure in adults and
- ii) ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure 2012