

Table 3**Typical medications used in heart failure, target doses and common side effects**

	Starting dose	Target dose	Common side effects of drug class
ACE inhibitors			
Ramipril	2.5 mg od	5 mg bd (or 10 mg od)	Renal impairment, hyperkalaemia, hypotension
Enalapril	2.5 mg bd	10-20 mg bd	
Captopril	6.25 mg tds	50 mg tds	
Perindopril	2 mg od	4 mg od	
Lisinopril	2.5 mg od	20 mg od	
Angiotensin receptor blockers			
Valsartan	40 mg bd	160 mg bd	Renal impairment, hyperkalaemia, hypotension
Losartan	50 mg bd	150 mg bd	
Candesartan	4 mg od	32 mg od	
Beta-blockers			
Bisoprolol	1.25 mg od	10 mg od	Hypotension, fatigue, bradycardia
Metoprolol	12.5 mg od	200 mg od	
Carvedilol	3.125 mg bd	25 mg bd	
Mineralocorticoid receptor antagonists			
Spironolactone	25 mg od	50 mg od	Renal impairment, hyperkalaemia, hypotension, gynaecomastia (spironolactone only)
Eplerenone	25 mg od	50 mg od	
Angiotensin receptor neprilysin inhibitors			
Sacubitril/valsartan	24 mg/26 mg bd	97 mg/103 mg bd	Renal impairment, hyperkalaemia, hypotension
If channel inhibitors			
Ivabradine	5 mg bd	7.5 mg bd	Bradycardia, atrial fibrillation