

ACTION Medication Outpatient Titration Dosing Considerations						
	Medication(s) of choice	Initial Dose	Titration Amount	Goal Dose Minimum	Dose Maximum	
< 50kg	ACE-I / ARB / ARNI	Captopril	0.33 mg/kg/dose TID (max 6.25 mg/dose/TID)	0.33 mg/kg/dose	1 mg/kg/dose TID	2 mg/kg/dose TID (max 50 mg/dose TID)
		Enalapril	0.05-0.1 mg/kg/dose BID	0.05-0.1 mg/kg/dose	0.2 mg/kg/dose BID	0.5 mg/kg/dose BID
		Lisinopril	0.1 mg/kg/dose daily	0.1 mg/kg/dose	0.4 mg/kg/dose daily	0.8 mg/kg/dose daily
		Entresto, low/no prior ACE/ARB	0.8 mg/kg/dose BID	0.7-0.8mg/dose	3.1 mg/kg/dose BID	3.1 mg/kg/dose BID
		Entresto, prior ACE/ARB	1.6 mg/kg/dose BID	0.7-0.8mg/dose	3.1 mg/kg/dose BID	3.1 mg/kg/dose BID
	MRA	Spironolactone	0.5-1 mg/kg/dose daily	0.5-1 mg/kg/dose	0.5 mg/kg/dose daily	1 mg/kg/dose daily
	BB	Carvedilol	0.05 mg/kg/dose BID	0.05-0.1 mg/kg/dose	0.5 mg/kg/dose BID	1 mg/kg/dose BID
		Metoprolol Immediate Release	0.25 mg/kg/dose BID	0.125-0.25 mg/kg/dose	0.5 mg/kg/dose BID	1 mg/kg/dose BID
	SGLT2I*	Dapagliflozin	0.1 mg/kg/dose daily	0.1 mg/kg/dose daily	0.1 mg/kg/dose daily	0.2 mg/kg/dose daily
	≥ 50kg	ACE-I / ARB / ARNI	Enalapril	2.5 mg/dose BID	2.5 mg/dose	10 mg/dose BID
Lisinopril			5 mg/dose daily	5 mg/dose	20 mg/dose daily	40 mg/dose daily
Losartan			25 mg/dose daily	25 mg/dose	100 mg/dose daily	150 mg/dose daily
Entresto, low/no prior ACE/ARB			24-26 mg/dose BID	~24-26 mg/dose	97-103 mg/dose BID	97-103 mg/dose BID
Entresto, prior ACE/ARB			49-50 mg/dose BID	~24-26 mg/dose	97-103 mg/dose BID	97-103 mg/dose BID
MRA		Spironolactone	25 mg/dose daily	25 mg/dose	25 mg/dose daily	50 mg/dose daily
		Eplerenone	25 mg/dose daily	12.5-25 mg/dose	25 mg/dose daily	50 mg/dose daily
BB		Carvedilol	3.125 mg/dose BID	3.125-6.25 mg/dose	25 mg/dose BID	50 mg/dose BID
		Metoprolol Extended Release	12.5-25 mg/dose daily	25 mg/dose	100 mg/dose daily	200 mg/dose daily
SGLT2I*		Dapagliflozin	5-10 mg daily	5 mg daily	5 mg daily	10 mg daily
	Empagliflozin	5-10 mg daily	-	5 mg daily	10 mg daily	

Considerations:

- Last Updated 5/1/2023
- Titration as frequently as every 1-2 weeks, please see back of card.
- Max per kg dose is dose recommended for those >50 kg at given titration level.
- *SGLT2 inhibitors – doses listed above have been used among the sites using this class of medication. Please consider carefully holding during times of fasting for potential euglycemic (DKA).



ACTION Medication Outpatient Titration Frequency & Follow-Up Considerations							
	Medication(s) of choice	Time to next dose change	Symptoms	BP	HR	Labs	
< 50kg	ACE-I / ARB / ARNI	Captopril	1-2 weeks	X	if unable to report symptoms and closer to max doses	--	every other titration
		Enalapril					
		Lisinopril					
	ACE-I / ARB	Entresto, low/no prior ACE/ARB	2 weeks	X	if unable to report symptoms and closer to max doses	--	every other titration
		Entresto, prior ACE/ARB					
	MRA	Spironolactone	2 weeks	--	--	--	prior to each titration (SCR/K)
	BB	Carvedilol	1-2 weeks	X	if unable to report symptoms and closer to max doses	if unable to report symptoms and closer to max doses	--
		Metoprolol immediate Release					
SGLT2i	Dapagliflozin	2-4 weeks	X (dehydration, UTI, DKA)	--	--	renal function, consider urine analysis for glucosuria to titrate up	
≥ 50kg	ACE-I / ARB / ARNI	Enalapril	1-2 weeks	X	if unable to report symptoms and closer to max doses	--	every other titration
		Lisinopril					
		Losartan					
	ACE-I / ARB	Entresto, low/no prior ACE/ARB	2 weeks	X	if unable to report symptoms and closer to max doses	--	every other titration
		Entresto, prior ACE/ARB					
	MRA	Spironolactone	2 weeks	--	--	--	prior to each titration (SCR/K)
		Eplerenone					
	BB	Carvedilol	1-2 weeks	X	if unable to report symptoms and closer to max doses	if unable to report symptoms and closer to max doses	--
Metoprolol Extended Release							
SGLT2i	Dapagliflozin Empagliflozin	2-4 weeks	X (dehydration, UTI, DKA)	--	--	renal function, consider urine analysis for glucosuria to titrate up	

Last Updated: 5/1/2023



TIP: Print pages 1-2
on both sides to
create a 4x6 card.