

Class	Medication (generic/brand)	Target dose	My dose
SGLT2 inhibitor	☐ Empagliflozin (Jardiance) ☐ Dapagliflozin (Farxiga)	10 mg daily 10 mg daily	
MRA	☐ Spironolactone (Aldactone) ☐ Eplerenone (Inspra) ☐ Finerenone (Kerendia)	25-50 mg daily 50 mg daily 20-40 mg daily	
GLP1 agonist (BMI>30 kg/m ²)	☐ Semaglutide (Wegovy) ☐ Tirzepatide (Zepbound)	2.4 mg weekly 15 mg weekly	
Diuretics (water pills)	☐ Furosemide (Lasix) ☐ Bumetanide (Bumex) ☐ Torsemide (Demadex)	As needed	

You may be on a similar medication not listed here – ask your care team.