



# Cardiovascular Risk Management Medications and Lab Chart

This document describes the drug intervention portion of the clinician education presentation: Secondary Cardiovascular Risk Reduction Strategies

Medication	Dosage forms	Initial Dosage	Titration	Max. Recommended Dose	Full Effect	Baseline Labs	Titration	Lab Monitoring
<b>ACE Inhibitor</b> Lisinopril (Prinivil®)	Tab 5, 10, 20, 40 mg	5-10mg daily	Increase by 50-100% q 2-4 wks	40mg daily	2-4 wks	K+ and Cr within last 6 months	K+ and Cr 1 wk after initiation. K+ 2 wks after dosage change	K+ and Cr yearly
<b>ACE-I/Diuretic</b> Lisinopril / HCTZ (Prinzide®)	Tab 10/12.5, 20/12.5, 20/25 mg	10/12.5mg daily	Double the dose q 2-4 wks	20/25mg daily	2-4 wks	K+ and Cr within last 6 months	K+ and Cr 1 wk after initiation. K+ 2 wks after dosage change	K+ and Cr yearly
<b>Diuretic</b> Hydrochlorothiazide, Chlorthalidone (Hydrodiuril®, Esidrix®, Hygroton®)	Tab 25, 50, 100 mg	12.5mg daily	Double the dose	25mg daily	4-6 wks	Na+, K+ and Cr within last 12 mo	Na+, K+ and Cr 2-4 wks after initiation or dosage change	Na+, K+ and Cr every 6 months
<b>Oral agent for DM 2</b> Glipizide (Glucotrol®)	Tab 2.5, 5, 10 mg	5 mg daily	Increase by 100% q 2-4 wks	20mg twice daily	1-2 wks	None	None	
Metformin (Glucophage®)	Tab 500, 850, 1000 mg	250mg twice daily	Increase by 50-100% q 2 wks	850mg 3xdaily or 1000mg twice daily	2-4 wks	Creat, CBC, ALT	Do not use if Creat >1.5 in males, >1.4 in females. Not recommended in HF.	Creat, CBC, ALT yearly; A1C 2-3x yr
Pioglitazone (Actos®)	Tab 15 mg	15mg daily	Double the dose q 4 wks	30mg daily in combo; 45mg daily in mono tx	4-6 wks	ALT	ALT every 3 months for first year, then periodically	ALT, A1C 2-3x yr
<b>Statin</b> Simvastatin (Zocor®)	Tab 40, 80 mg	40mg daily at bedtime	Double the dose q 6-8wks	80mg daily at bedtime	4 wks	ALT, CK, Creat	ALT 4-8 wks after initiation or dosage change	ALT Periodically
Controlled-Release Niacin (Slo-Niacin®)	Tab 250, 500, 750 mg	250mg daily with food at bedtime	Increase dose by 250mg every four weeks. Divided twice daily dosing	1000mg+Simva 80mg; 2000mg+Simva 40mg daily	4 wks	ALT, CK, Uric Acid, FBS	ALT, FBS 4-8 wks after initiation or dosage change	ALT Periodically
Ezetimibe (Zetia®)	Tab 10mg	10mg: ½ tab daily	None	5mg daily	4 wks	ALT, CK, Creat	None	None
<b>β1 blockade</b> Atenolol (Tenormin®)	Tab 25, 50, 100 mg	25mg daily	Increase by 50-100% q 1-2wks	100mg daily or 50mg twice daily	1-2 wks	None	Titrate to pulse 55-70	None
Metoprolol (Lopressor®)	Tab 25, 50, 100 mg	50mg twice daily	Increase by 50-100% q 1-2wks	100mg twice daily	1-2 wks	None	Titrate to pulse 55-70	None
<b>Calcium channel blocker</b> Amlodipine (Norvasc®)	Tab 2.5, 5, 10 mg	2.5-5mg qd	Increase by 5mg q 2wks	10mg (1)	2-4 wks	None	None	None