

# Neo

**Ghi chú: Tự kê y lệnh máy viên thuốc. Vd: 50 x 3 => captopril 25mg 2v x 3u => tổng liều là 150mg/ngày**

Thuốc			THA JNC 8		Suy tim ESC18		Hẹp 2 lá	NMCT		Được động	
Nhóm	Tên thuốc	Biệt dược	Khởi đầu	Đích	Khởi đầu	Đích		Khởi đầu	Đích	Bắt đầu tác dụng	Thời gian tác dụng
ACEi	Captopril	Captopril 25mg	25x2	50x3	6.25x3	50x3					2-3l/d
	Lisinopril (thận)	Zestril 10mg	10	40	2.5	20					>7h
	Ramipril				2.5	10					
	Enalapril	5mg	5	10x2	2.5x2	10x2					11h
ARB	Losartan		50	100	50	150					6-9h
	Telmisartan	40mg	80	320	80	320					24h
	Candesartan				4	32					
	Valsartan	Diovan 80mg	80	320	40x2	160x2					9h
CCB	Amlodipine	Amlor 5mg (10mg)	2.5	10							11/d
	Nifedipine	Adalat LA 20mg	30	60							2l/d
	Diltiazem	Diltiazem 60mg	120	360			60x2				3-4l/d
	Verapamin										2-3l/d
Lợi tiểu	Hcl-Thiazide	Hydrochlo..T 25mg	25	100	25	12.5-100				2h	12h
	Indapamide	Natrilix 1.5mg	1.25	2.5	2.5	5				2h	24h
	Furosemide	Agifuros 40mg	20x2	40x2	20	40				30-60'	6-8h
		A.T furosemid 20mg/ml								5'	2-3h
	Spironolactone	Aldactone 25mg	12.5x2	25x2	12.5/50	50/100				1-2ng	2-3ng
	Amiloride				2.5/5	5/10					
	Triamterene				25/50	100/200					
BB	Metoprolol (G)	Betaloc 50mg	50	100	12.5	200	25				
	Atenolol (T)	50mg	25	100			25				
	Bisoprolol (all)	Concor 2.5mg	5	10	1.25	10	1.25				
	Carvedilol (G)	25mg	6.125x2	25x2	3.125x2	25x2	6.125x2				
	Acebutolol (T)		200	400							
	Nebivolol				1.25	10					
MRA	Eplerenone				25	50					
	Spironolactone	Aldactone 25mg			25	50					
ARNI	Sacubitril/Valsar	Không cần học :v			50x2	100x2					
If	Ivabradine	Procoralan 7.5mg			5x2	7.5x2					
D	Digoxin	Digoxin 0.25mg					0.125				

- **Lovenox 0,4ml (Enoxaparin):** 0,01ml =1mg enoxaparin  
1 ống (TDD)
- **Xarelto 15mg (Rivaroxiban)**  
1v (u)
- **Pradaxa 110mg (Dabigatran)**  
1v x 2 (u)
- **Sintrom 4mg (Acenocoumarol)**  
1/2v (u)
- **Natrixam 1.5/5 (Indapamide/amlordipine)**  
1v (u)
- **Triplixam 10mg/2.5mg/10mg (Perindopril 6.79mg /Indapamide/Amlordipine)**  
1v (u)
- **Coveram 15mg (10mg Perindopril /5mg Amlodipine) => ACE + CCB**  
1v (u)
- **Twinsta 40/5 (Telmisartan/amlodipine)**  
1v (u)
- **Coversyl plus 4mg/1.25mg (Perindopril/Indapaide)**  
1v (u)

- **Lipanthyl Supra 160mg (Fenofibrate)**  
1v (u)
- **Glucophage XR 750mg (metformin)**  
1v (u) trước ăn 30'
- **Tormeg 20mg (Atorvastatin) hoặc Lipitor 20mg**  
1/2v (u)
- **A.T Furosemid 20mg/20ml**  
3 ống x 2 TMC
- **Duoplavin 75/100mg (75 Clopidogrel/100 Aspirin)**  
1v (u)
- **Plavix 75mg (Clopidogrel)**  
1v (u)
- **Imidu 60mg (isosorbide mononitrate)**  
1v (u)
- **Vastarel MR 35mg (Trimetazidine)**  
1v x 2 (u)
- **Procoralan 7.5mg (Ivabradine)**  
1/2v (u)
- **Nitromint 2.6mg (nitroglycerin)**  
1v (u)

- **Augmentin**
- **Unacil**
- **Tazoan**
- **Sulperazone**
- **Tavanic**

Table 4. Evidence-Based Dosing for Antihypertensive Drugs

Antihypertensive Medication	Initial Daily Dose, mg	Target Dose in RCTs Reviewed, mg	No. of Doses per Day
ACE inhibitors			
Captopril	50	150-200	2
Enalapril	5	20	1-2
Lisinopril	10	40	1
Angiotensin receptor blockers			
Eprosartan	400	600-800	1-2
Candesartan	4	12-32	1
Losartan	50	100	1-2
Valsartan	40-80	160-320	1
Irbesartan	75	300	1
β-Blockers			
Atenolol	25-50	100	1
Metoprolol	50	100-200	1-2
Calcium channel blockers			
Amlodipine	2.5	10	1
Diltiazem extended release	120-180	360	1
Nitrendipine	10	20	1-2
Thiazide-type diuretics			
Bendroflumethiazide	5	10	1
Chlorthalidone	12.5	12.5-25	1
Hydrochlorothiazide	12.5-25	25-100 <sup>a</sup>	1-2
Indapamide	1.25	1.25-2.5	1

Abbreviations: ACE, angiotensin-converting enzyme; RCT, randomized controlled trial.

<sup>a</sup>Current recommended evidence-based dose that balances efficacy and safety is 25-50 mg daily.