

Beta blocker titration and switching

Standard Protocol
Start low and go slow
Follow up Q 2 weeks

Modified Protocol
Start lower and go slower
Follow up Q 4 weeks

Bisoprolol

1. Bisoprolol 1.25 mg daily x 2 weeks then
2. Bisoprolol 2.5 mg daily x 2 weeks then
3. Bisoprolol 5.0 mg daily x 2 weeks then
4. Titrate to 10 mg daily if HR, BP and HF allow

Bisoprolol

1. Bisoprolol 1.25 mg every other day x 2 weeks then
2. Bisoprolol 1.25 mg daily x 2 weeks then
3. Bisoprolol 2.5 mg daily x 2 weeks then
4. Bisoprolol 5.0 mg daily x 2 weeks then
5. Titrate to 10 mg daily if HR, BP and HF allow

Carvedilol

1. Carvedilol 3.125 mg BID x 2 weeks then
2. Carvedilol 6.25 mg BID x 2 weeks then
3. Carvedilol 12.5 mg BID x 2 weeks then
4. Carvedilol 25.0 mg BID x 2 weeks then
5. Titrate to 50.0 mg BID if weight >85 kg if HR, BP and HF allow

Carvedilol

1. Carvedilol 3.125 mg daily x 1 weeks then
2. Carvedilol 3.125 mg BID x 1 weeks then
3. Carvedilol 3.125 mg TID x 1 weeks then
4. Carvedilol 6.25 mg BID x 2 weeks then
5. Carvedilol 6.25 mg TID x 2 weeks then
6. Carvedilol 12.5 mg BID x 2 weeks then
7. Carvedilol 12.5 mg TID x 2 weeks then
8. Carvedilol 25.0 mg BID x 2 weeks then
9. Titrate to 50.0 mg BID if weight >85 kg if HR, BP and HF allow

Adjusting concomitant medications:

1. Dizziness
 - a. Decrease diuretic
 - b. Decrease beta-blocker
2. Worsening HF
 - a. Increase diuretic
 - b. Decrease beta-blocker
 - c. D/C beta blocker
3. Bradycardia (< 50 bpm)
 - a. Decrease beta-blocker
 - b. D/C beta-blocker

Adjusting concomitant medications:

1. Dizziness
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Changing beta-blockers

Why ? Guidelines recommend Carvedilol or bisoprolol (or metoprolol succinate – unavailable in Canada). COMET showed 17% survival advantage of carvedilol over metoprolol tartrate.

How ? Probably safest to start new dose is equivalent to one half of last dosage. (EJHF 2005 640-649)

Equivalent dose levels suggested for different h-blocking agents

COMET Level	Carvedilol	Metoprolol tartrate	Bisoprolol
Level 1	3.125 mg bid	6.25 mg bid	0.625 mg od
Level 2	6.25 mg bid	12.5 mg bid	1.25 mg od
Level 3	12.5 mg bid	25 mg bid	2.5 mg od
Level 4	25 mg bid	50 mg bid	5 mg od