

Dosage Conversion Chart

Lisinopril To Losartan



Lisinopril Dose (mg once daily)	Approximate Equivalent Losartan Starting Dose (mg once daily)	Clinical Considerations
2.5 mg	25 mg	Common starting dose for either drug.
5 mg	25 mg - 50 mg	A common switch is to start Losartan at 50 mg.
10 mg	50 mg	This is the most common therapeutic equivalent dose.
20 mg	50 mg - 100 mg	Often switched to Losartan 100 mg for full effect.
40 mg	100 mg	Maximum dose for both medications.

Why Medical Supervision is Absolutely Essential

A doctor doesn't simply stop one and start the other at an "equivalent" dose. The process must be managed carefully:

Washout Period: Depending on the reason for the switch (especially if for angioedema), your doctor may recommend a period of being off the Lisinopril before starting the Losartan.

Titration: The doctor will start the Losartan at an appropriate dose and **titrate up** based on your blood pressure response and tolerance, which may take several weeks.

Monitoring for Kidney Function & Potassium: Both drugs can affect kidney function and increase potassium levels, so monitoring with blood tests is required, especially during a transition.

