

# MAMA Nigeria

## Medicines to Treat Hypertension: Dosage for Hypertension

### Diuretics†

(Stimulants of action of kidneys)

Generic/(Brand)	To begin each day	Maximum each day
Amiloride ( <b>Midamor</b> )	5mg	20mg
Bumetanide ( <b>Bumex</b> )§	_____	_____
Chorothiazide ( <b>Diuril</b> )	125-250mg*	1000mg
Chorthalidone ( <b>Thalitone</b> )	12.5-25mg	50mg
Ethacrynic acid ( <b>Edecrin</b> )§	_____	_____
Furosemide ( <b>Lasix</b> )§	_____	_____
Hydrochlorothiazide( <b>HCTZ,Oretic,Microzide</b> )	12.5-25mg	50mg
Indapamide ( <b>Lozol</b> )	1.25-25mg	5mg
Metolazone ( <b>Zaroxolyn</b> )§	_____	_____
Torsemide ( <b>Demadex</b> )§	_____	_____

\*Sometimes a dosage for two times a day is required to control the pressure for 24 hours.

† Do not use during a pregnancy, especially if the woman has hypertension because of the pregnancy, without looking for the specific risk category for the product.

§ For swelling in adults with cardiac failure.

## B-Blockers†

(Blockers of adrenaline receptors of “Beta” type)

Generic(Brand)	Begin each day	Max. each day
Acebutolol (Sectral/Monitan)	400mg*	1200mg
Atenolol (Tenormin)	25-50mg*	100mg
Betaxolol (Kerlone)	5-10mg	20mg
Bisoprolol (Zebeta)	2.5-5mg	20mg
Carteolol (Cartrol)	2.5mg	10mg
Carvedilol (Coreg)	6.25mg*2 times	50mg
Labetalol (Trandate/Normodyne)	100mg*2 times	2400mg
Metoprolol (Lopessor/Toprol- XL)	50-100mg*	400-450mg
Nadolol (Corgard)	20-40	320mg
Penbutolol (Levatol)	20mg	80mg
Pindolol.(Visken)	5mg* 2 times	60mg
Propranolol (Inderal, Inderal LA/InnoPran XL)	20-40mg*	640mg
Timolol (Blocadren)	10mg*2 times	60mg

\* Sometimes a dosage for two times a day is required to control the pressure for 24 hours.

† Do not use during pregnancy, only acebutolol and pindolo are category B. The others listed are C.

# Angiotensin Converter Enzyme Inhibitor (ACE Inhibitors)†

(Prevention of the production of some hormones that cause hypertension)

<b>Generic/(Brand)</b>	<b>Begin each day</b>	<b>Max. Each day</b>
Benazepril( <b>Lotensin</b> )	10mg*	80mg
Captopril( <b>Capoten</b> )	25mg 2-3 times	450mg
Enalapril( <b>Vasotec</b> )	5mg*	40mg
Fosinopril( <b>Monopril</b> )	10mg*	80mg
Lisinopril( <b>Zestril/Prinivil</b> )	10mg*	80mg
Moexipril( <b>Univase</b> )	7.5mg*	30-60mg
Perindopril( <b>Aceon</b> )	4mg*	16mg
Quinapril( <b>Accupril</b> )	10-20mg*	80mg
Ramiril( <b>Altace</b> )	2.5mg*	20mg
Trandolapril( <b>Mavik</b> )	1-2mg*	8mg
* Sometimes a dosage for two times a day is required to control the pressure for 24 hours.		
† Do not use during pregnancy.		

# Calcium Channel Blockers†

(To relax muscles of the blood vessels and the heart)

<b>Generic/(Brand)</b>	<b>Begin each day</b>	<b>Max. Each day</b>
Amlodipine(Norvasc)	2.5-5mg	10qd
Diltiazem(Cardizem,Cardizem SR, Cardizem LA, Cardizem CD, Cartia XT, Dilacor XR, Diltiazem CD,Diltia XT, Tiazac, Taztia XT)	120-240mg*	540mg
Felodipine(Plendil)	2.5-5mg	10mg
Isradipine(Dynacirc/DynacircCR)	2.5mg* two times	20mg
Nicardipine(Cardene/Cardene SR)	20-30mg* 2X/3X	120mg
Nifedipine(Procardia,Adalat,ProcardiaXL, Adalat CC)- <b>DO NOT USE THE BRIEF ACTION, NOR UNDER THE TONGUE IN HYPERTENSION</b>	30-60mg*	120mg
Nisoldipinpe(Sular)	20mg	60mg
Verapamil(Isoptin,Calan,Covera-HS,Verelan, Verelan PM)	40-80mg* 3X/4X 100-200mg*	480mg 400mg
*Sometimes a dosage for two times a day is required to control the pressure for 24 hours.		
† Do not use during pregnancy		

# ALPHA BLOCKER†

(Blocker of adrenaline receptors of “Alpha” type)

<b>Generic/(Brand)</b>	<b>Begin each day</b>	<b>Max. Each day</b>
Clonidine( <b>Catapres</b> )	0.1mg* 2 times	2.4mg
Doxazosin( <b>Cardura</b> )	1mg at night	16mg
Guanfacine( <b>Tenex</b> )	1mg at night	3mg at night
Methyldopa( <b>Aldomet</b> )	250mg* 2 or 3 times	3000mg
Prazosin( <b>Minipress</b> )	1mg* 2 or 3 times(#1:Night)	40mg
Reserpine( <b>Serpasil</b> )	0.05mg	0.25mg
Terazosin( <b>Hytrin</b> )	1mg* at night, first	20mg
<p><b>*Sometimes a dosage for two times a day is required to control the pressure for 24 hours.</b></p> <p><b>† Do not use during pregnancy</b></p>		

# ANGIOTENSIN RECEPTOR BLOCKERS (ARBs) ††

(Prevention of the production of some hormones that cause hypertension)

Generic/(Brand)	Begin each day	Max. Each day
Candesartan( <b>Atacand</b> )	16mg	32mg
Eprosartan( <b>Teveten</b> )	600mg*	800mg
Irbesartan( <b>Avapro</b> )	150mg	300mg
Losartan( <b>Cozaar</b> )	50mg*	100mg
Olmесartan( <b>Benicar</b> )	20mg	40mg
Telmisartan( <b>Micardis</b> )	40mg	80mg
Valsartan( <b>Diovan</b> )	80-160mg	320mg
*Sometimes a dosage for two times a day is required to control the pressure for 24 hours.		
† Do not use during pregnancy		

Precautions: If the patient presents a diastolic blood pressure higher than 130mmHg, consider it an Acute Hypertensive Emergency. Refer them immediately to the hospital.

Use other guides in combination with this reference for other indications and also to confirm the use during pregnancy.

The reason for including this information in the orientation of community monitors of MAMA is only to give them a level of understanding about the medicines that the doctors prescribe to control hypertension.