

Dosing ladders

The tables below are illustrative to show potential dosing ladders for stepwise adjustment of medication. Each step would be appropriate for modest decrease or increase of medication, where needed 2 or more steps could be used.

Example dose ladders for suggested titration by women with postnatal hypertension (start at medication on discharge):

	Drug class							
Level	ACEI	ACEI	CCB	CCB	Beta/alpha block	Beta Blocker	Beta Blocker	Alpha blocker
	Enalapril	Captopril	Nifedipine M/R	Amlodipine	Labetalol	Atenolol [#]	Metoprolol [#]	Doxazosin
Max daily dose	40mg od	50mg tds	80mg	10mg	2400mg	50mg od (100mg)	200mg bd	16mg
5	30mg od	50mg bd	40mg bd	n/a	600mg tds	n/a	n/a	8mg bd
4	20 mg od	25 mg tds	30 mg bd	n/a	400 mg tds	(100mg)	(150mg bd)	4mg bd
3	10 mg od	25mg bd	20 mg bd	5 mg	200 mg tds	50mg od	100mg bd	2mg bd
2	5 mg od	12.5mg bd	10 mg bd	2.5 mg (half)	100 mg tds	25mg od	50mg bd	1mg bd
1	Stop	Stop	Stop	Stop	Stop	Stop	Stop	Stop

Highlighted line would be appropriate if medication needs to be restarted

All doses are mg. # Do not stop beta blockers abruptly (can cause rebound palpitations)

BD = twice daily, TDS three times daily; OD once daily

For illustrative purposes only, please confirm doses from current BNF (British National Formulary)