

# Oral antihypertensive drug treatment in pregnancy

Drug	Dose (oral)	Action	Contraindications	Practice Points
Methyldopa	250-750mg tds	Central	Depression	Slow onset of action over 24h, dry mouth, sedation, depression, blurred vision Withdrawal effects: rebound hypertension
Clonidine	75-300 mcg tds			
Labetalol	100-400mg q8h	Beta blocker with mild alpha vasodilator effect	Asthma, chronic airways limitation	Bradycardia, bronchospasm, headache, nausea, scalp tingling (labetolol only) which usually resolves within 24h
Oxyprenolol	20-160mg q8h	Beta blocker with intrinsic sympathomimetic activity		
Nifedipine	20-60mg slow release bd	Calcium channel antagonist	Aortic stenosis	Severe headache in first 24 h, flushing, tachycardia, peripheral edema, constipation
Prazosin	0.5-5.0mg q8h	Alpha blocker		Orthostatic hypotension, esp after first dose
Hydralazine	25-50mg q8h	Vasodilator		Flushing, headache, nausea, lupus-like syndrome

Source: Unmodified from SOMANZ Guidelines for the management of hypertensive disorders in pregnancy (2014) Table 5. Available at <<https://somanz.org/guidelines.asp>>