



Standing Order: Antihypertensive Initiation and Titration

Divisions:

General Internal Medicine

General Internal Medicine Extenders are allowed to initiate and titrate antihypertensive agents per this standing order. The attached algorithm will be used to determine if titration of an existing preferred antihypertensive is necessary, or addition of another preferred agent is needed. The appropriate laboratory tests will be ordered and follow-up will be conducted by the pharmacist according to the attached protocol. Non-preferred agents may be titrated only to optimal doses as listed below. Blood pressure will be reassessed 2-3 weeks after each dosage adjustment.

Signature _____

Internal Medicine Clinic Director

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Equivalency Chart for ACE-Inhibitors (Preferred Agents):

Benazepril 10 mg	Enalapril 5 mg (Optimal 20 mg)
Captopril 12.5 mg BID	Enalapril 5 mg (Optimal 20 mg)
Ramipril 2.5 mg	Enalapril 5 mg (Optimal 20 mg)
Fosinopril 10 mg	Enalapril 5 mg (Optimal 20 mg)
Lisinopril 10 mg	Enalapril 5 mg (Optimal 20 mg)
Moexipril 7.5 mg	Enalapril 5 mg (Optimal 20 mg)
Quinapril 10 mg	Enalapril 5 mg (Optimal 20 mg)
Trandolapril 1 mg	Enalapril 5 mg (Optimal 20 mg)

Equivalency Chart for Angiotensin II Blockers (Preferred Agents):

Candesartan 8 mg	Losartan 25 mg (max=50 mg)
Irbesartan 75 mg	Losartan 25 mg (max=50 mg)
Telmisartan 40 mg	Losartan 25 mg (max=50 mg)
Valsartan 80 mg	Losartan 25 mg (max=50 mg)

Equivalency Chart for β -Blockers (Preferred Agents):

Betaxolol 10 mg/day	Atenolol 50 mg/day
Bisoprolol 5 mg/day	Atenolol 50 mg/day
Metoprolol 100 mg/day	Atenolol 50 mg/day
Nadolol 40 mg/day	Atenolol 50 mg/day
Timolol 20 mg/day	Atenolol 50 mg/day

Doses listed are representative of equivalent doses and should be used to calculate other doses. For example, if a patient comes to clinic on benazepril 20 mg, the equivalent ramipril dose would be 5 mg.

Non-Preferred Agent Optimal Dosing

Amlodipine	10 mg/day
Felodipine	10 mg/day
Verapamil	240 mg/day
Diltiazem	360 mg/day
Clonidine	0.6 mg/day tablets or TTS 3 patch
Doxazosin	4 mg/day

