

### Prescribing quantities

In order to allow women to adjust medications following clinician advice without needing frequent new prescriptions of medication, the table below suggests potential quantities of medications and how to prescribe in a “sliding scale” type method in the postnatal period.

**Prescribing / Dispensing suggestions for women self-monitoring blood pressure in the postnatal period (please confirm doses via current BNF)**

	Drug class							
Level	ACEI	ACEI	CCB	CCB	Beta/alpha blocker	Beta Blocker	Beta Blocker	Alpha blocker
	Enalapril	Captopril	Nifedipine M/R	Amlodipine	Labetalol	Atenolol	Metoprolol	Doxazocin
<b>Tablets for higher doses on discharge</b>	10mg	25mg tablets (usually bd)	20mg	NA	200mg tablets	NA	NA	2mg tablets (usually bd)
<b>Instructions</b> <b>Dispense / Prescribe</b> <b>2 weeks supply on discharge</b> <b>4 weeks supply subsequently</b>	20-80mg daily as per titration schedule <i>Prescribe at least</i> 56 x 10mg tabs	50-100mg daily as per titration schedule <i>Prescribe at least</i> 56 x 25mg tabs	40-80mg daily as per titration schedule <i>Prescribe at least</i> 56 x 20mg tabs	NA	600-2400mg daily as per titration schedule <i>Prescribe at least</i> 168 x 200mg tabs	NA	NA	2-8mg bd as per titration schedule. <i>Prescribe at least</i> 112*2mg tablets
<b>Tablets for lower doses on discharge/following subsequent down-titration</b>	5mg tablets	12.5mg tablets (usually bd)	10mg SR tablets	5mg tables	100mg tablets	25mg tablets	50 mg tablets (usually bd)	1mg tablets (usually bd)
<b>Instructions</b> <b>Dispense / Prescribe</b> <b>2 weeks supply on discharge</b> <b>4 weeks supply subsequently</b>	5-20mg daily as per titration schedule <i>Prescribe at least</i> 56 x 5mg tabs	25-50mg daily as per titration schedule <i>Prescribe at least</i> 56 x 12.5mg tabs	10-30mg twice daily as per titration schedule <i>Prescribe at least</i> 42 x 10mg SR tabs	2.5-10mg daily as per titration schedule <i>Prescribe at least</i> 28 x 5mg tabs	100-400mg tds as per titration schedule <i>Prescribe at least</i> 168 x 100mg tabs	25-100mg daily as per titration schedule <i>Prescribe at least</i> 56 x 25mg tabs	50-200mg bd as per titration schedule <i>Prescribe at least</i> 56 x 50mg tabs	1-4mg bd as per titration schedule <i>Prescribe at least</i> 112*1mg tabs

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