

Target BP \leq 135/85



FIRST LINE [†]	Antihypertensives	Class of agent	Dose (Start from low dose and titrate as required)	Caution
	Oral methyldopa	Alpha blocker	250-750mg three to four times a day	Avoid in women with a history of depression, anxiety or postpartum depression
	*Oral clonidine	Alpha blocker	75-300 micrograms three to four times a day	Risk of rebound hypertension with sudden withdrawal
	Oral labetalol	Beta blocker	100-400mg three to four times a day	Avoid in women with a history of asthma or chronic airway limitation
	Oral nifedipine SR	Calcium channel blocker	20-60mg (slow release) twice a day	Avoid in women with aortic stenosis, may cause peripheral oedema
	*Oral nifedipine IR	Calcium channel blocker	10-30mg (immediate release) three times a day	Avoid in women with aortic stenosis, may cause peripheral oedema
	Oral hydralazine	Vasodilator	12.5-50mg three to four times a day	May cause headache, tachycardia if given as first line (without concurrent alpha, beta or calcium blockade)



SECOND & THIRD LINE	Consider adding a second or third agent from another class (Second line agent can be initiated prior to reaching the maximum dose of the first line agent)
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SR= slow release, IR= immediate release

* Access and supply may be limited in certain parts of Australia and New Zealand

[^] Choice of agent should be individualised based on women's medical history and through an informed shared decision-making process

[†] Oxprenolol is no longer accessible in Australia and New Zealand. Where it remains available, a dose of 20-60mg three times a day can be used. Oxprenolol should be avoided in women with a history of asthma or chronic airway limitation