

Management of Postpartum Hypertension

Discharge Criteria:
*No severe range
BPx24 hours
(SBP<160 & DBP<110)

**SBP >140 mm Hg
and/or
DBP >90 mm Hg**
*on 2 or more measurements >
4 hours apart

START Oral Anti-Hypertensive Therapy
*or uptitrate existent anti-hypertensive therapy

First Line Agents

Nifedipine XL

30 mg daily
Titration: Increase
by 30 mg, consider
BID dosing up to
120 mg/day

Contraindications:
HF reduced EF, unstable
angina

Enalapril

5 mg daily
Titration: Increase
by 5 mg, consider
BID dosing up to
40 mg/day

Contraindications:
Angioedema to ACEi,
Caution with AKI,
hyperK+

Labetalol

200 mg BID/TID
Titration: Increase
by 100-200 mg
per dose, up to
2,400 mg/day

Contraindications:
AV block
Caution with bradycardia
(HR <50)

***Consider addition of diuretic for refractory
(> 2 agents) and/or if clinical signs of volume overload**

Second Line agents: (all breastfeeding compatible)

Amlodipine (5-10 mg), furosemide (20 mg) *, hydrochlorothiazide (25 mg) *, spironolactone (25 mg) *