



Go Long: The Key to Managing Labile Hypertension

Dr. Liam Finlay, Internal Medicine & Hypertension

www.torontohypertensionclinic.ca

TAKE-HOME POINTS:

- Many commonly used antihypertensive medications do not provide 24hr coverage when taken once a day.
- Daily dosing of antihypertensives that have shorter effective half-lives can result in labile blood pressure (BP) control.
- Consider prescribing antihypertensives with long effective half-lives that can be given once daily. When shorter-acting antihypertensives are necessary, consider dosing intervals more than once a day to reduce BP lability.

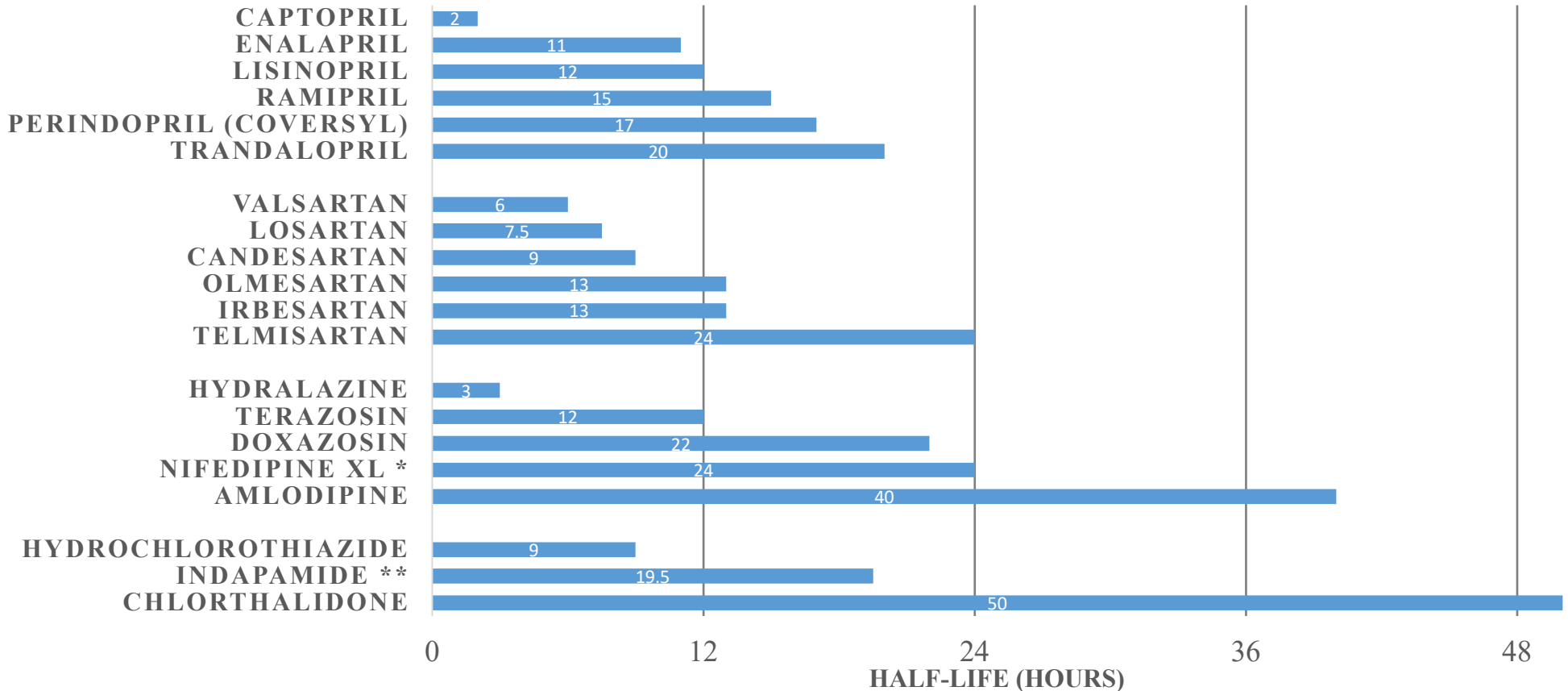


Figure 1. Comparison chart displaying the half-lives of commonly prescribed antihypertensive medications as per their product monographs.

* Estimate based on product monograph pharmacokinetics description: “Readily constant plasma concentration ... over the 24-hour dosing interval”.

**Biphasic elimination of 14 and 25 hours.

References:

1. **Health Canada.** Drug and Health Product Portal [Internet]. Ottawa (ON): Health Canada; c2024 [cited 2024 Feb 24]. Available from: <https://dhpp.hpfp-dgpsa.ca/dhpp/search>.
2. **U.S. Food and Drug Administration (FDA).** Drugs at FDA: FDA-Approved Drugs [Internet]. Silver Springs (MD): U.S. FDA; c2024 [cited 2024 Feb 24]. Available from: <https://www.accessdata.fda.gov/script/cder/daf/index.cfm>.