

SELECTED GENERIC ANTIHYPERTENSIVE MEDICATIONS

Drug class	Generic name (brand name)	Usual dosage range
Thiazide-type diuretics	chlorthalidone	12.5 – 25 mg daily
	hydrochlorothiazide (HCTZ)	25 – 50 mg daily
Thiazide combinations	lisinopril-HCTZ	10/12.5; 20/12.5; 20/25 mg daily
	spironolactone-HCTZ	25/25 mg daily
ACE inhibitors (ACEIs)	lisinopril	10 – 40 mg daily
	captopril	12.5 – 50 mg twice daily
Long-acting dihydropyridine calcium channel blockers	amlodipine besylate	2.5 – 10 mg daily
	felodipine	2.5 – 10 mg daily
	nifedipine ER	30-90 mg daily
Beta-blockers (BB)	atenolol	25 – 100 mg daily
	carvedilol	3.125 – 25 mg twice daily
	metoprolol tartrate	25 – 100 mg twice daily
	metoprolol succinate	25 – 200 mg daily
Aldosterone receptor blocker	spironolactone	12.5 – 25 mg daily
Potassium-sparing diuretics	amiloride hydrochloride or amiloride-HCTZ	5 – 10 mg total, taken daily or twice daily
Angiotensin II receptor blockers (ARB)	losartan potassium	25 – 100 mg daily
Direct vasodilators	hydralazine hydrochloride	10-50 mg four times daily
	minoxidil	2.5 mg daily – 20 mg twice daily
Alpha blockers	terazosin hydrochloride	1 – 20 mg daily
	doxazosin mesylate	1 – 16 mg daily
	prazosin hydrochloride	1 – 10 mg twice daily
Alpha-2 agonists	clonidine hydrochloride	0.1 – 0.4 mg twice daily

Lifestyle changes are recommended when blood pressure is greater than 119/79:

- DASH (Dietary Approaches to Stop Hypertension) diet – low in fat and high in fruit, vegetables, and low-fat dairy products,
- Sodium restriction of 2.4 grams daily or fewer,
- Weight reduction if body mass index is 25 kg/m² or higher,
- Exercise of at least 30 minutes four times per week,
- Limits on daily alcohol intake – no more than one drink for women or two drinks for men,
- Smoking cessation and counseling on the health risks of smoking and the benefits of quitting.