

1. Non-pharmacological Treatment

(See below for recommendations)



2. Calcium Channel blockers (CCBs) (off label use)

Amlodipine 5mg-20 mg daily

Nifedipine MR 10-30mg once or twice daily (depending on brand) -starting dose usually 20mg daily and increased up to 60mg daily.

(Immediate release nifedipine is no longer available)



3. Phosphodiesterase type 5 inhibitors (PDE5i) (off label use)

Sildenafil 25mg 1-3 times a day up to a max 50mg tds

OR

Angiotensin receptor blocker (ARB) (off label use)

Losartan 25mg -100mg daily