



ADULT MEDICATION GUIDELINE

Methyldopa

Scope (Staff):	All WNHS Staff
Scope (Area):	Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

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[Administration](#)

[Monitoring](#)

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Breastfeeding](#)

Restrictions

[Formulary: Unrestricted](#)

Medication Class

Antihypertensive

Presentation

Tablet: 250mg

Storage

Store at room temperature, below 30°C

Dose

Hypertension

Oral:

Start at a dose of 250mg three times a day, increasing to a maximum of 750mg three times a day as required.

Administration

Oral

Can be taken with or without food

Monitoring

Blood pressure, full blood count and liver function tests during the first 6-12 weeks of treatment

Pregnancy

1st Trimester: Safe to use

2nd Trimester: Safe to use

3rd Trimester: Safe to use

Breastfeeding

Safe to use

Comments

Depression may be exacerbated by methyldopa

Related Policies, Procedures & Guidelines

WNHS Clinical Practice Guidelines:

[Hypertension in Pregnancy: Medical Management](#)

[Hypertension in Pregnancy: Midwifery Care](#)









References

Australian Medicines Handbook. Methyldopa. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2023 [cited 2023 Mar 29]. Available from: <https://amhonline.amh.net.au/>

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Somanz Hypertension in Pregnancy Guideline 2023. Available from: <https://www.somanz.org/hypertension-in-pregnancy-guideline-2023/>

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