Immediate-Release Oral Nifedipine Algorithm

Trigger: If severe elevations (SBP ≥160 or DBP ≥110) persist* for 15 min or more OR if two severe elevations are obtained within 15 min and tx is clinically indicated

1. Immediate-Release Oral nifedipine† 10 mg
2. Repeat BP in 20 minutes
3. If SBP ≥ 160 or DBP ≥ 110, administer oral nifedipine 20 mg; If below threshold, continue to monitor BP closely
4. Repeat BP in 20 minutes
5. If SBP ≥160 or DBP ≥110, give additional round of oral nifedipine 20 mg
6. Repeat BP in 20 minutes
7. If SBP ≥ 160 or DBP ≥ 110, administer IV labetalol† 20 mg.
8. If either BP threshold is still exceeded, administer labetalol (20mg IV for more than 2 minutes) and obtain emergency consultation from maternal-fetal medicine, internal medicine, anesthesia, or critical care subspecialists.
9. Once BP thresholds are achieved, repeat BP:
   - Every 10 minutes for 1 hour
   - Then every 15 minutes for 1 hour
   - Then every 30 minutes for 1 hour
   - Then every hour for 4 hours
10. If SBP ≥ 160 or DBP ≥ 110, give additional antihypertensive medication per specific order as recommended by specialist
11. Obtain emergency consultation from specialist in MFM, internal medicine, anesthesiology, or critical care.
12. Institute additional BP monitoring per specific order

- Notify provider after one severe BP value is obtained
- Institute fetal surveillance if viable
- Capsules should be administered orally and not punctured or otherwise administered sublingually
- There may be adverse effects and contraindications. Clinical judgement should prevail.

* Two severe readings more than 15 minutes and less than 60 minutes apart
† Immediate-release oral nifedipine has been associated with an increase in maternal heart rate and may overshoot hypotension.
‡ Avoid parenteral labetalol with active† asthma, heart disease, or congestive heart failure; use with caution with history of asthma. May cause neonatal bradycardia.
§ “Active asthma” is defined as:
   A symptoms at least once a week, or
   B use of an inhaler, corticosteroids for asthma during the pregnancy, or
   C any history of intubation or hospitalization for asthma.

Safe Motherhood Initiative

Revised February 2020