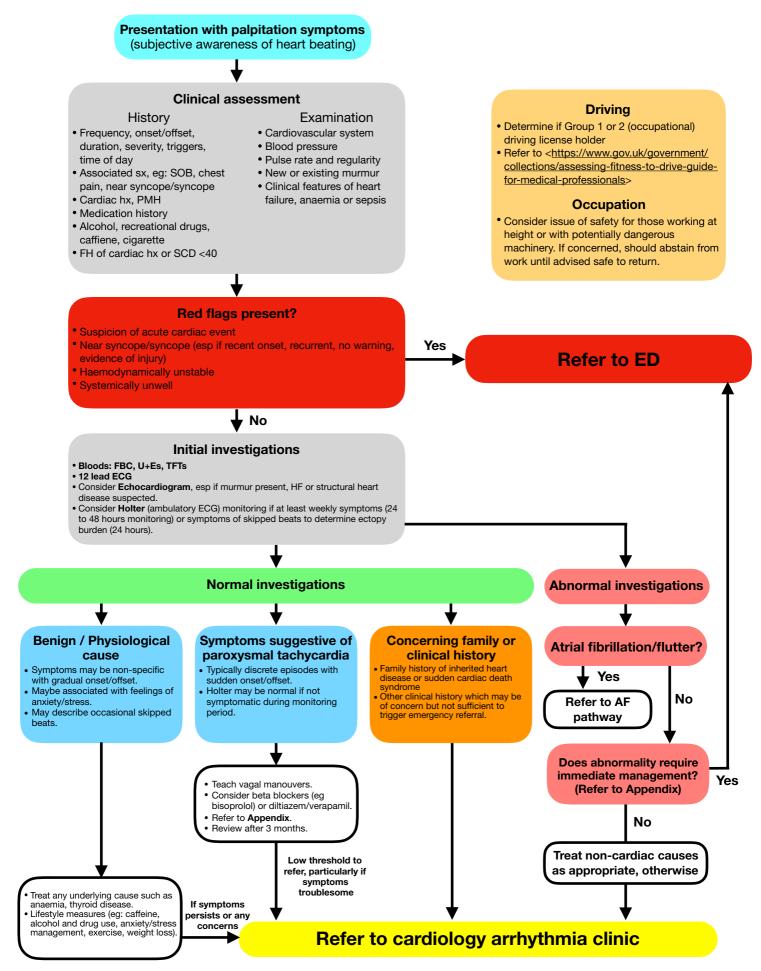


# **Adult Palpitations Pathway**





## **Appendix**

### **Bisoprolol**

- Initiating dose 2.5mg od, can start at lower dose of 1.25mg od if concerns eg: resting heart rate <=70bpm.</li>
- Titrate up in 1.25 2.5mg increments weekly, review clinical symptoms/ examination, resting heart rate, blood pressure, up to maximum dose of 10mg per day.
- Refer to <a href="https://bnf.nice.org.uk/drug/bisoprolol-fumarate.html">https://bnf.nice.org.uk/drug/bisoprolol-fumarate.html</a>

#### Diltiazem

- Initiating dose 60mg tds.
- Titrate up in 60mg increments weekly, review clinical symptoms/examination, resting heart rate, blood pressure, up to maximum dose of 360mg per day.
- Can be converted to modified release preparations to improve compliance.
  Convert to nearest equivalent total daily dose.
- Refer to <a href="https://bnf.nice.org.uk/drug/diltiazem-hydrochloride.html">https://bnf.nice.org.uk/drug/diltiazem-hydrochloride.html</a>

## Verapamil

- Initiating dose 40mg tds.
- Titrate up in 40mg increments weekly, review clinical symptoms/examination, resting heart rate, blood pressure, up to maximum dose of 360mg per day.
- Can be converted to modified release preparations to improve compliance.
  Convert to nearest equivalent total daily dose.
- Refer to <a href="https://bnf.nice.org.uk/drug/verapamil-hydrochloride.html">https://bnf.nice.org.uk/drug/verapamil-hydrochloride.html</a>

### Urgent ECG or Holter referral criteria

- High degree AV Block: Mobitz Type II or CHB
- Symptomatic pauses or asymptomatic pauses > 5s
- Symptomatic NSVT >= to 5 beats or VT > 10 beats
- Symptomatic SVT or rapid SVT (>200bpm) of 30s or more duration