

Appendix

Bisoprolol

- Initiating dose 2.5mg od, can start at lower dose of 1.25mg od if concerns eg: resting heart rate ≤ 70 bpm.
- 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 <https://bnf.nice.org.uk/drug/bisoprolol-fumarate.html>

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 <https://bnf.nice.org.uk/drug/diltiazem-hydrochloride.html>

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 <https://bnf.nice.org.uk/drug/verapamil-hydrochloride.html>

Urgent ECG or Holter referral criteria

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