



## An estimation of equivalent doses between ARBs and ACEIs

### ARBs still currently available as of Jan 26, 2020:

- Twynsta (telmisartan/amlodipine): 40/5mg, 40/10mg, 80/5mg, 80mg/ 10mg **Note: ~\$0.73/tablet (ODB covered)**
- Candesartan/Hydrochlorothiazide: 16mg/12.5mg, 32mg/12.5mg, 32mg/25mg
- Irbesartan/Hydrochlorothiazide: 150/12.5mg, 300/12.5mg, 300/25mg
- Olmesartan/Hydrochlorothiazide: 20/12.5mg, 40/12.5mg
- Valsartan/Hydrochlorothiazide: 80/12.5mg, 160/12.5mg, 160/25mg, 320/12.5mg, 320/25mg

**Note:** Availability changes daily. Some pharmacies are able to get candesartan (4mg, 8mg, and 32mg) and irbesartan (300mg).

### Considerations

- Patients renal function and hepatic function should be taken into consideration
- Patients should have blood pressure, lytes and SCr checked with rotation from ARB to ACEI as clinically indicated in 1-4 weeks
- ACEIs can cause a dry cough in 5-35% of patients and carry a risk of angioedema (0.1-0.2%)

Comparable dosages between ACEIs and ARBs- Summary of trials				
	Lisinopril 20mg	Enalapril 20mg	Perindopril 4mg	Ramipril 10mg
Candesartan	16mg	8mg	<b>16mg</b>	
Irbesartan		150mg		
Telmisartan	80mg	<b>40-80mg</b>	<b>40mg</b>	~80mg
Valsartan	160mg	80mg		

**Note:** There are variations for approximate equivalent dosages between ACEIs and ARBs in clinical trials.

Approximate equivalent doses of ACEI for blood pressure lowering					
Drug	Approximate Dose Equivalence Between ACEIs	Initial Daily Dose	Usual Daily Maintenance Dose	Maximum Daily Dose	Duration of Action
Cilazapril	2.5mg	2.5-5mg	2.5-5mg daily <sup>a</sup>	10mg	12-24 hr
Enalapril maleate	5mg	2.5-5mg	10-40mg daily (or divided bid) <sup>a</sup>	40mg	12-24 hr
Fosinopril	10mg	10mg	10-40mg daily (or divided bid) <sup>a</sup>	40mg	24hr
Lisinopril	10mg	2.5-10mg	10-40mg daily	80mg	24hr
Perindopril	2mg	2-4mg	4-8mg daily	8mg	24hr
Quinapril	10mg	5-10mg	10-20mg daily <sup>a</sup>	40mg	24hr
Ramipril	2.5mg	1.25mg-2.5mg	2.5-10mg daily (or divided bid) <sup>a</sup>	20mg	~24hr

a: Some patients may experience a diminished antihypertensive effect toward the end of a 24-hour dosing interval. Splitting the daily dose into 2 equal 12-hourly doses or increasing the once-daily dose may be considered.

Approximate equivalent doses of ARBS for blood pressure lowering				
Drug	Approximate Dose Equivalence Between ARBs	Initial Dose	Usual Maintenance Dose	Maximum Daily Dose
Candesartan	8mg	8mg daily	8-32mg daily	32mg
Irbesartan	150mg	75mg daily	150-300mg daily	300mg
Losartan	50mg	25mg daily	50-100mg daily	100mg
Olmesartan	20mg	20mg daily	20-40mg daily	40mg
Telmisartan	40mg	40mg daily	40-80mg daily	80mg
Valsartan	80mg	80mg daily	80-320mg daily	320mg

**For further information contact your primary care pharmacist**

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