

**Attention all Consultants
Medical Officers
Pharmacists
Nurses**

Re: Bendrofluazide 2.5mg for the treatment of hypertension

A thiazide diuretic is the recommended drug of choice in most people with newly diagnosed hypertension and no other co-existing condition. Most studies have been carried out with the thiazide chlortalidone, such as the Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT). However, bendrofluazide is the most commonly used thiazide diuretic and it is cost-effective.

Current guidelines (such as British Hypertension Society Guidelines, SIGN guidelines, University of Cambridge Guidelines and Prodigy guidance) recommend that bendrofluazide be prescribed in a dose of 2.5mg daily for hypertension. Higher doses offer no additional benefits with a resultant increase in potential adverse biochemical and metabolic disturbances. Following these recommendations, Bendrofluazide 2.5mg tablets are now available within the Government Formulary whilst the 5mg dose has been retained, since the latter dose can still be required for the treatment of other conditions.

For your information please,

Dr R Busuttil
Director General (Health)