



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

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NOTICE: DOXAZOSIN FOR MANAGEMENT OF BENIGN PROSTATIC HYPERPLASIA

The Adult Hospital Level Standard Treatment Guidelines (STGs) and Essential Medicines List (EML), 5th edition (2019) recommends alpha-blockers for the management of benign prostatic hyperplasia (BPH). The example of class listed in the STG was tamsulosin 0.4mg available on public sector contract RT289-2019. The contract expired on 30 April 2020, and the new contract HP09-2021SD lists another alpha-blocker, doxazosin. Doxazosin 4mg (immediate-release formulation) is also an alpha-blocker and is included in the Adult Hospital therapeutic interchange database, as a therapeutic alternative to tamsulosin for the management of BPH.

However, dose titration of doxazosin immediate-release formulation is required for BPH to prevent first-dose orthostatic hypotension. The updated treatment protocol is as follows, and will be included in the revised STGs and EML that is currently under review:

Indication: Adult Hospital Level STGs and EML, 2019	Current recommendation in STGs and EML (2019)	Updated recommendation for upcoming 2023 version of the STGs and EML
7.3.5 Benign prostatic hyperplasia	<ul style="list-style-type: none">▪ Alpha blocker, e.g.:<ul style="list-style-type: none">○ Tamsulosin, oral, 0.4 mg daily.	<ul style="list-style-type: none">▪ Alpha blocker, e.g.:<ul style="list-style-type: none">● Doxazosin, oral, 4 mg daily.<ul style="list-style-type: none">○ Titrate dose by 1 mg every 2 weeks to clinical effect.○ Initial dose: 1 mg daily.○ Usual maintenance dose: 4 mg daily.

Provinces and Health Care Facilities are requested to distribute and communicate this information in consultation with the Pharmacy and Therapeutics Committees.

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Kind regards

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