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Sublingual Valsartan in Hypertensive Urgency


Yüksel GÖKEL¹

Saime PAYDAŞ²

Güven KUVANDIK¹

Nazan ALPARSLAN³

Departments of ¹Emergency, ²Nephrology, ³Biostatistic, Faculty of Medicine, Çukurova University, Adana - TURKEY

 [Keywords](#)

 [Authors](#)



medsci@tubitak.gov.tr

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Abstract: The objective of this study was to assess the effect of sublingual valsartan in a group of patients with hypertensive urgency. Forty-one patients with hypertensive urgency and systolic blood pressure >200 mmHg, diastolic blood pressure >100 mmHg were studied in an emergency room. Supine blood pressure readings were taken and the patients were given 80 mg of valsartan sublingually. Blood pressure and heart rate were recorded at 15 min intervals over a 90 min period. Systolic blood pressure decreased from 211.22 ± 14.65 mmHg to 158.17 ± 15.48 mmHg, diastolic blood pressure dropped from 120.12 ± 13.44 mmHg to 93.05 ± 6.01 mmHg. The differences were statistically significant. The heart rate decreased from 87.90 ± 13.47 beats per minute to 82.59 ± 10.84 beats per minute. The results of our study indicate that sublingual valsartan is an effective drug in patients with hypertensive urgency and it is easy to use sublingually because it is in a capsule form and it is side-effect free. Further work is required to assess the effect of sublingual valsartan in patients with hypertensive urgency.

Key Words: Hypertensive urgency, Valsartan

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