



## **MINIPRESS THERAPY**

Minipress or Prazosin is a drug that blocks alpha-adrenergic receptors or certain types of smooth muscle. This means that this muscle relaxes, and does not exert as much pressure as it normally would. These receptors are found in the muscle walls of arteries, the muscle that surround the prostate, as well as the muscle at the junction of the prostate and bladder.

Minipress can be used to treat high blood pressure because it relaxes the muscle in the artery wall. As it also relaxes the muscle surrounding the prostate it can mean that it is easier to pass urine and also you do not need to do so as frequently. While it does not work in everyone, nor is it suitable in all cases, it is often worth trying as it can delay the need for surgery.

### **TREATMENT**

As Minipress can lower the blood pressure it is advisable to start this medication in a gradual, controlled way. It will take about 2 weeks for the full effect to show itself.

PLEASE follow the schedule set out below to commence your tablets. You will eventually be taking 1 or 2 tablets twice daily.

DAY 1-3	1/2 tab at night - DO NOT plan to go out
DAY 4-6	1/2 tab morning & night
1 WEEK	SEE YOUR GP to have your BP checked - Your GP will increase the dose to 1 tab morning & night if your BP is OK.

If you have any problems or questions you are able to call Urology Sydney; 9587 4888 and speak to a practice nurse.