

# SPIRONOLACTONE

Other names: Spirotone®



**Important note:** The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

## Why you are taking this medicine

Spironolactone belongs to a group of medicines called diuretics (water tablets). They remove fluid from the body by acting on the kidneys. As well, spironolactone keeps potassium in the body and their action is known as a potassium-sparing diuretic.

Spironolactone can be used to treat:

- fluid retention (e.g. swelling of the legs due to heart or kidney problems)
- high blood pressure
- heart failure
- fluid retention in liver failure
- hyperaldosteronism (excess fluid and low potassium in the body)

## When to take this medicine

Spironolactone is usually taken in the morning, with or without food. The medicine should be taken regularly as your doctor directs.

To avoid any dizziness from this medicine, stand up slowly when getting up from sitting or lying down.

Talk to your doctor before taking this medicine if you are pregnant or breast-feeding.

## If you miss a dose

Take as soon as possible except when it is close to the time for your next dose. If it is almost time for the next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

## Side Effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Call your doctor **immediately** if you have any of these side effects:

- irregular heartbeat
- fast weight gain, puffiness/swelling of hands and/or feet
- wheezing or difficulty breathing

- unexplained fever
- muscle weakness, pain or cramps
- severe stomach pain, vomiting or diarrhoea
- confusion, dizziness
- rash

Tell your doctor or pharmacist if you have these side effects:

- dizziness, drowsiness or headache
- difficulty sleeping
- breast tenderness and/or enlargement
- cold hands or feet
- irregular menstrual periods
- decreased sexual activity
- upset stomach

Tell your doctor or pharmacist if you notice any other side effect(s) from your medicine that are not mentioned here.

### **Other Medication**

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

Check with your doctor if you are taking other medicines, such as other potassium products (Span K), salt substitutes or ACE inhibitors (e.g. captopril, quinapril, cilazapril) with spironolactone as these may increase the amount of potassium in your body.

Also, if you are taking digoxin or lithium with spironolactone, an increase in the amount of these medicines in the body can occur. Check with your doctor.

### **Storage**

Keep all medicines out of reach of children.

**Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.**