

## THIAZIDE DIURETICS

**Other names:** bendrofluazide / bendroflumethiazide  
 Arrow-Bendrofluazide®,  
 chlorothiazide; Biomed®, Hygroton®, Igroton ®  
 Combination thiazide diuretics include: Moduretic®, Triamizide®



**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

A diuretic is a type of medicine that removes excess water from the body in the form of urine. They are sometimes called 'water tablets'.

Thiazide diuretics are a common treatment for hypertension (high blood pressure) and oedema (fluid retention) often caused by heart failure. Removing excess water reduces the volume of the blood, which decreases the workload on the heart, allowing your heart to work better.

However a different type of diuretic called a 'loop diuretic' is more commonly used to treat heart failure.

### When to take this medicine

Thiazide diuretics are normally taken once a day in the morning with or without food.

The effect of taking the tablets generally starts within half an hour and wears off within a few hours of taking the tablet.

If you are required to take a second dose, it is recommended to take it later in the morning so that the increased urine production doesn't interfere with your night time sleep.

### 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:

- rapid, excessive weight loss
- sore throat with fever
- ringing in ears
- loss of hearing
- unusual bleeding or bruising
- skin rash (severe rash with peeling skin)
- difficulty breathing or swallowing

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

- vomiting or diarrhoea
- stomach upset
- painful or stiff joints
- dizziness, light-headedness, faintness or headache
- dry mouth, excessive thirst
- muscle cramps, weakness
- skin rashes

Vomiting and diarrhoea may cause potassium or sodium loss from your body. If you experience vomiting or diarrhoea contact your doctor or pharmacist for advice **as soon as possible**.

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. However there are no significant interactions known.

### **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.**