Potassium Sparing Diuretics
Information for patients

Read this medicine fact sheet to learn about:
• What this medicine is
• Why you need to take it
• What side effects to watch for

What is the name of my medicine?
Potassium sparing diuretics (pronounced di – uret – ics)

Other names for this medicine:

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spironolactone</td>
<td>Aldactone®, Novo-Spiroton®</td>
</tr>
<tr>
<td>Eplerenone</td>
<td>Inspra®</td>
</tr>
<tr>
<td>Triamterene</td>
<td>Dyrenium®</td>
</tr>
<tr>
<td>Amiloride</td>
<td>Midamor®</td>
</tr>
</tbody>
</table>

Some medicines contain 2 types of diuretics:

<table>
<thead>
<tr>
<th>Spironolactone and Hydrochlorothiazide</th>
<th>Aldactazide®, Novo-Spirozine®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triamterene and Hydrochlorothiazide</td>
<td>Dyazide®, generics</td>
</tr>
<tr>
<td>Amiloride and Hydrochlorothiazide</td>
<td>Moduret®, generics</td>
</tr>
</tbody>
</table>
Why do I need to take this medicine?

- To lower blood pressure if you have high blood pressure (hypertension).
- To treat fluid build up that can happen if you have heart failure or other health problems. This medicine reduces the amount of fluid in your body by making your kidneys increase their flow of urine (pee).

Diuretics are also sometimes called "water pills". Potassium sparing diuretics do not cause potassium (an important mineral in your body) to be lost along with the fluid.

- Spironolactone can be taken by people with heart failure to help prevent or repair heart muscle damage.
- If you need this medicine for another problem, your health care provider will give you more information.

What do I need to know when taking this medicine?

- Don't change the dose or stop taking this medicine without talking to your doctor or pharmacist, even if you feel well.
- If this medicine upsets your stomach, try taking it with food or milk.
- This medicine can make you feel dizzy. To avoid feeling dizzy, stand up slowly if you have been sitting or lying down. Drinking alcohol can make dizziness worse. Do not drive a car or use heavy machines if this medicine makes you feel dizzy.
- Your doctor may tell you to weigh yourself at the same time each day. Changes in your weight can show whether or not you are losing fluid.
- This medicine may make your skin more sensitive to sunlight. Try to stay out of direct sunlight.
  - Use a sunscreen that is SPF 30 or higher. Ask your pharmacist to help you choose the sunscreen that is best for you.
  - Wear a hat, sunglasses and clothes that will protect you from the sun.
  - Don't use a tanning bed.
• Talk to your doctor if you are pregnant or plan to become pregnant.

• **Always check with your doctor or pharmacist before taking any other medicine.** This includes:
  - medicines prescribed by a doctor or bought in a pharmacy
  - vitamins or herbal remedies
  - supplements and salt substitutes that may contain potassium

**What are the side effects of this medicine?**

• feeling dizzy or drowsy
• feeling tired
• headache
• going pee more often
• stomach cramps or diarrhea
• nausea or vomiting
• constipation
• your skin is more sensitive to sunlight
• can increase the amount of potassium in your body
• if you are taking **spironolactone:**
  - women may have irregular menstrual periods
  - men may have painful or larger breasts

Some side effects may go away as your body gets used to the medicine.

**Call your doctor right away if you:**

• have a skin rash
• feel faint or fainted
• have muscle cramps or weakness
• have difficulty breathing or swallowing
• notice your skin or the whites of your eyes becoming yellow
• have a very dry mouth or dry eyes
• feel very thirsty
• notice you are not going pee very often or not at all
• have a sudden and large drop in your weight

What should I do if I miss a dose?
• Take a missed dose as soon as you remember.
• If it is close to the time for your next dose, skip the missed dose and take the next dose at your normal time.
• Do not take 2 doses at the same time.

Who do I talk to if I have a problem or question?
This fact sheet does not cover all of the side effects that may happen. If you are concerned about any side effects, please ask your doctor or pharmacist for more information or advice.

If you are not sure what to do when taking this medicine, talk to your doctor or pharmacist.

This fact sheet was created by the University Health Network Pharmacy Department. It is for your information only. It shouldn't replace talking with your pharmacist. Please talk to your pharmacist or other health care professional if you have any questions about this medicine.