

## Spironolactone

\_\_\_\_\_mg twice a day

**Brand Names:** Aldactone, Spironol

### What is the most important information I should know about spironolactone?

Limit alcohol consumption, which can increase some of the side effects of spironolactone.

Avoid a diet high in salt. Too much salt will cause your body to retain water and can make this medication less effective.

Do not use salt substitutes or low-sodium milk products that contain potassium. These products could cause your potassium levels to get too high while you are taking spironolactone.

FDA pregnancy category C, this medication may be harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment.

Spironolactone passes into breast milk and could cause harm to a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby.

### What is spironolactone?

Spironolactone is a potassium-sparing diuretic (water pill) that prevents your body from absorbing too much salt and keeps your potassium levels from getting too low.

Spironolactone is used to diagnose or treat a condition in which you have too much aldosterone in your body. Aldosterone is a hormone produced by your adrenal glands to help regulate the salt and water balance in your body - it can also exacerbate hormonally sensitive acne.

### What should I discuss with my doctor before taking spironolactone?

Do not use this medication if you have:

- Kidney disease or are unable to urinate
- High potassium levels (hyperkalemia); or
- If you are taking potassium supplements or other potassium-sparing diuretics such as Aldactazide, Amiloride (Midamor, Moduretic), or Triamterene (Dyrenium, Dyazide, Maxzide).

Before using spironolactone, tell your doctor if you have heart disease, liver disease, or if you are using a steroid, or another diuretic.

If you have any of these conditions, you may not be able to use spironolactone, or you may need a dosage adjustment or special tests during treatment.

## How should I take spironolactone?

Take this medication exactly as it was prescribed for you. Do not take the medication in larger amounts, or take it for longer than recommended by your doctor.

Take each dose with a full glass of water.

To be sure this medication is not causing harmful effects; your blood will need to be tested after initiating therapy and sometimes on a regular basis. It is important that you not miss any scheduled visits to your doctor.

## What happens if I miss a dose?

Take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take the medicine at the next regularly scheduled time. **DO NOT** take extra medicine to make up the missed dose.

## What should I avoid while taking spironolactone?

Avoid using other medicines that make you light-headed (such as cold medicine, pain medication, muscle relaxers, and medicine for seizures, depression or anxiety). They can add to the side effects of spironolactone.

This medication can cause side effects that may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert.

Avoid becoming overheated or dehydrated during exercise and in hot weather. Follow your doctor's instructions about the type and amount of liquids you should drink – water is recommended and electrolyte drinks should be limited (such as Gatorade)

## What other drugs will affect spironolactone?

Before taking this medication, tell your doctor if you are using any of the following drugs:

- Lithium
- Digoxin (Lanoxin)
- Steroids (prednisone and others)
- An ACE inhibitor such as benazepril (Lotensin), captopril (Capoten), enalapril (Vasotec), lisinopril (Prinivil, Zestril), ramipril (Altace), and others; or
- Indomethacin or other NSAIDs (Non-steroidal anti-inflammatory drugs\_ such as aspirin, ibuprofen (Motrin, Advil), diclofenac (Voltaren), naproxen (Aleve, Naprosyn), piroxicam (Feldene), nabumetone (Relafen), etodolac (Lodine), and others.

If you are using any of these drugs, you may not be able to use spironolactone, or you may need dosage adjustments or special tests during treatment.

## What are the possible side effects of spironolactone?

Get emergency medical help if you have any of these signs of an allergic reactions: hives; difficulty breathing; swelling of your face, lips tongue, or throat.

Stop using this medication and call your doctor at once if you have any of these serious side effects:

- Numbness or tingly feeling
- Muscle pain or weakness
- Slow, fast, or uneven heartbeat
- Feeling drowsy, restless, or light-headed
- Urinating less than usual or not at all
- Shallow breathing
- Tremors, confusion
- Nausea, stomach pain, low fever loss of appetite, dark urine, clay colored stools, jaundice (yellowing of the skin or eyes).

Continue using spironolactone and talk with your doctor if you have any of these less serious side effects:

- Mild nausea or vomiting
- Dizziness, headache
- Has, stomach pain; or
- Skin rash

Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.