



CHLORTALIDONE

klor-tal-ih-dohn

What does it do?

Chlortalidone is used to reduce excess fluid in the body and to lower blood pressure.

How should you take it?

Take *chlortalidone* regularly as directed, usually in the morning. Take it with food and a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *chlortalidone* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- calcium supplements (e.g. Calci-Tab®) or antacids containing calcium (e.g. Quick-Eze®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fast or irregular heartbeat Muscle cramps or weakness	Tell your doctor
Dizziness, tiredness Dry mouth, peeing more often, feeling thirsty Stomach upset, loss of appetite Impotence, less interest in sex Gout attack, more sensitive to sunlight (sunburn or rash) Skin rash, itching	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have kidney or liver problems, diabetes, gout, or trouble peeing.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Protect yourself from too much sunlight while being treated with *chlortalidone*. Always cover up and apply a thick layer of broad spectrum sunscreen (at least SPF 30) when outside. Do not use sunbeds.