Te Whatu Ora
Health New Zealand
Waitaha Canterbury

SPIRONOLACTONE

spy-ron-oh-lak-tone

What does it do?

Spironolactone is used to treat heart failure, and sometimes other conditions.

Before you start

- Tell your doctor if you have kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *spironolactone* regularly as directed.
Take the tablets with a glass of water.
Measure the liquid carefully with an oral syringe or measuring spoon.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *spironolactone* 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®).
- potassium supplements (e.g. Span K®)

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
Changes in heartbeat, muscle cramps or weakness	Tell your doctor
Enlarged breasts (in males) Trouble getting or keeping an erection, less interest in sex Changes in periods Stomach upset	Tell your doctor if troublesome
Symptoms of low blood pressure such as dizziness or fainting	Stand up slowly. If it continues, or is severe, tell your doctor

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

Other information:

- You may need blood tests while taking *spironolactone* to check the amount of potassium in your blood, and to see how well your kidneys are working.
- Store *spironolactone* liquid in the fridge. It expires 30 days after you first open the bottle. If you have any liquid leftover after 30 days, take it back to your pharmacy.