

# *Your Medication*

## **Spironolactone**

**(Aldactone)**



IH-V-195  
W.D. 12/01  
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### **Why do I need this medicine?**

This medicine is used to lower blood pressure, and to lessen swelling. It is also used to treat people who have congestive heart failure (CHF). It is a medicine that can do these things without causing your body to get rid of potassium. Your heart needs the right amount of potassium in order to work well.

### **How do I take this medicine?**

- Take this medicine just like your health care provider tells you. **Do not** stop taking this medicine unless your health care provider tells you to.
- Take this medicine in the morning to help keep you from getting up to urinate (pee) at night.
- Take this medicine with food or milk to help lessen stomach upset.
- If you miss a dose, take it as soon as you remember. If it is almost time for the next dose, skip the missed dose and go back to your regular schedule.
- **Do not** take two doses at the same time.
- Check with your health care provider or pharmacist before using salt substitutes or low salt milk or cheese.

### **What common side effects may I have?**

- headache
- nausea (feeling sick to your stomach)
- dizziness
- diarrhea (loose stools)

**(over)**

- feeling less hungry than usual
- dry mouth
- bloating (your stomach feels swollen and full)
- cramps in your muscles
- hair growing on your body more than usual

If you notice any other side effects, tell your health care provider.

## **Call your health care provider or go to the Emergency Room right away if you:**

- have shortness of breath
- have a heart beat that is not regular
- gain more than 2 pounds in a day
- lose feeling, or have tingling in parts of your body
- become confused
- urinate (pee) less than usual
- feel faint, weak or dizzy

## **What special things do I need to know?**

1. Talk to your health care providers, or pharmacist **before** you take any new medicines, even those you can buy without a prescription.
2. Tell your health care provider if you are **allergic to any medicine**.
3. Be sure to **keep your appointments** for health care provider visits and blood tests.
4. **Do not** share this medicine with anyone.
5. Keep all medicine out of the reach of children. Even a small amount of this medicine may make a child very sick or cause death. Keep all your medicines in a safe place where children cannot get them.
6. If you are pregnant, planning to become pregnant, or breast-feeding, tell your health care provider **before** you take this medicine. **This medicine may have harmful effects on unborn babies**. If you are not using birth control, be sure and tell your health care provider.
7. All medicines can cause side effects. Usually, these side effects will get better after a few days. If they do not, you should tell your health care provider. The health care provider can make some changes in the medicine. **Do not** stop taking the medicine unless the health care provider tells you to. Side effects **do not** mean that you are allergic to the medicine.