

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.