

Medication Information

Hydrochlorothiazide (Hye-droe-klor-oh-thy-azide)

Other names for this medication

ApoHydro
PMS – Hydrochlorothiazide
TEVA – Hydrochlorothiazide

Hydrochlorothiazide is present in many combination products as well.

There are many other names for this medication.

How this medication is used

This medication helps your body get rid of extra water by making more urine. It is sometimes called a water or fluid pill. This medication is used to treat high blood pressure.

How to take this medication

Take this medication exactly as directed by your doctor or health care provider. It is best to take it in the morning to help prevent getting up during the night to go to the bathroom.

Take this medication with meals or a snack if it upsets your stomach.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

How to take this medication (continued)

As your body gets rid of extra water, you may lose potassium. You may need to eat foods rich in potassium such as bananas or oranges. You may also need to take a potassium medication. This will be ordered by your doctor or health care provider.

As your body gets rid of extra water, you may also lose sodium. Your doctor or health care provider will check your blood for the level of sodium.

While taking this medication you may notice

- you urinate or pass water more often
- you feel dizzy
- your skin and eyes are more sensitive to sunlight

When you first start taking this medication, you will urinate more often and in larger amounts. This may decrease as your body gets used to the medication.

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

If your skin and eyes become sensitive to sunlight, avoid direct sunlight. While in the sun wear sunscreen and sunglasses that block ultraviolet (UV) light, a hat and clothing that covers your skin.

Contact your doctor or health care provider if you notice

- skin rash
- unusual bleeding or bruising
- unexplained sore throat or fever
- severe muscle cramping or weakness
- unusual thirst
- swollen joints and aches that persist