

# Medication Information

## Spironolactone

(Speer – own – oh – lak – tone)

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### Other names for this medication

Aldactone®  
Novo-Spiroton

### How this medication is used

This medication works by increasing the amount of urine made by your kidneys. You will pass water more often. It is sometimes called a water pill.

This medication is used to treat heart failure. The body holds water in heart failure. A weak heart works better with less water in the body. This medication improves breathing in heart failure by preventing water build-up in the lungs.

This medication is also used to:

- lower high blood pressure
- lessen swelling in liver disease
- treat endocrine and metabolic diseases

### How to take this medication

Take this medication exactly as directed by your health care provider. It must be taken regularly, even if you feel well.

Take this medication at the same time each day. It may take a few days before you get the full effect of this medication.

## **How to take this medication (continued)**

If you take this medication once a day, take it in the morning. If you take this medication two times a day, take the first dose in the morning and the last dose before 6:00 p.m. in the evening.

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

This medication does not cause a loss of potassium from your body like some water pills do. You do not need to take extra potassium unless ordered by your health care provider.

## **While taking this medication you may notice**

- upset stomach
- headache
- tiredness or weakness

To avoid upset stomach, take this medication with food or a snack.

## **Contact your health care provider if you notice**

- severe tiredness
- muscle weakness, especially in the legs, leg cramps
- severe confusion
- your heart beat is faster or slower than usual
- numbness or tingling in your hands, feet, or lips

The first 5 symptoms show that there is too much potassium in your body. This can occur while taking this medication.

- skin rash
- swollen, sore breasts
- you feel less interested in or able to have sex
- changes in menstruation
- you feel thirsty all the time
- clumsiness
- extra hair growth