

## Spironolactone (for Heart Failure)

August 2013



### How does it work?

This medicine blocks the effects of a stress hormone called aldosterone (a substance which can make heart failure worse). The low doses of this medicine given for heart failure patients are used to reduce the risk of death. The low doses will not provide heart failure patients with the amount of extra fluid removal needed to keep you well and keep you out of hospital. So, it is important that you continue to take your diuretic such as furosemide (Lasix®) as prescribed.

### What is it used for?

It can be used for a variety of reasons such as:

- Heart failure
- Fluid retention (edema)
- Liver disease
- Low potassium levels
- High blood pressure



### Are there any Side Effects?

Side effects that some people have had while taking this medicine include:

- Upset stomach
- Breast tenderness, & irregular periods for women
- Breast enlargement in men
- Impotence

Tell your doctor/nurse practitioner (NP) if any of these symptoms are severe or do not go away.

If you have any of the following symptoms, call your doctor/NP:

- Confusion, slow or irregular heartbeat
- Sore throat, increased thirst, muscle cramps
- Fever
- Skin rash or itching



### How Do I Take Them?

Because it is used to treat chronic conditions, you may be taking this medicine lifelong.

It comes as a tablet to take by mouth. It usually is taken once daily in the morning with breakfast or twice daily as directed.

**Do NOT stop taking this medicine without checking with your doctor/NP first.**

Be sure to fill your prescription as soon as possible after discharge from the hospital or after your clinic visit.

### Other Name(s) for Spironolactone:

- Aldactone

Please note that this information sheet does not contain complete information about Spironolactone. If you need more information about this medicine, be sure to ask your doctor/NP or pharmacist.