

---

## Department of Cardiology/Pharmacy

# Amiloride

### Action

Amiloride is a water tablet. It helps your kidneys to work better and get rid of extra water from your body. Extra water can build up in your body if you have a problem with your heart or your liver.

Amiloride is often taken at the same time as other water tablets. Taking two different water tablets at the same time can help to keep the salts in balance in your blood stream.

### Taking your amiloride

Amiloride is usually taken each morning. Sometimes it is taken twice a day. Follow the instructions on the label about the number of tablets to take.

You will start to pass extra water about two hours after taking the dose. This will continue for several hours.

### Problems to watch for

- Tell your doctor if you know you have problems with your kidneys. You might need to take a different water tablet instead of amiloride.
- Amiloride helps your body to keep potassium in your blood stream. Sometimes it makes you keep in too much potassium. Tell your doctor:
  - If you get palpitations or a feeling that your heart is racing.
  - If you know you have had problems with keeping in too much potassium before.
  - If you know you have problems in passing urine.
- Amiloride can cause side effects. Tell your doctor if you have problems with:
  - An upset stomach.
  - A persistent dry mouth.
  - A skin rash.
  - Feeling confused.
  - Feeling dizzy, especially when you stand up.
- Women who are pregnant or breast-feeding must talk to their doctor before taking amiloride. The doctor will want to discuss the risks and benefits with you.
- Tell your doctor if you notice any strange effects from taking your amiloride.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

Authors	Pharmacy Department
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ <a href="http://www.cuh.org.uk">www.cuh.org.uk</a>
Contact number	01223 245151
Publish/Review date	March 2011/March 2014 (no changes made)
File name	Amiloride.doc
Version number/Ref	3/PIN1589