
Department of Cardiology/Pharmacy

Spironolactone

Action

Spironolactone is a type of water tablet or diuretic. It is used to treat several problems:

- If your heart is starting to fail, it can help improve the symptoms.
- If you have problems with your liver, it can help to get rid of water that build up.

Taking your spironolactone

The dose of spironolactone will be different depending on the reason you are taking it.

Spironolactone is usually taken each morning if you take it for your heart. You should take the dose after breakfast. Follow the instructions on the label about the number of tablets to take.

Spironolactone is usually taken twice a day if you take it because of problems with your liver. You should take the first dose after breakfast and the second dose after your evening meal. When you first start taking spironolactone, your doctor might ask you to have your weight checked regularly as a way of making sure you are taking the right dose.

Problems to watch for

- Spironolactone can upset your stomach. Always remember to take the dose after food.
- Spironolactone can cause side effects. Tell your doctor if you have problems with:
 - Growth of the breasts if you are a man.
 - Changes in your menstrual periods if you are a woman.
 - Feeling tired or dizzy.
 - Getting confused.
 - Feeling thirsty most of the time.
 - A persistent headache.
 - Palpitations or a feeling that your heart is racing.
 - Muscle pains or muscle cramps.
- Women who are pregnant or breast-feeding must talk to their doctor before taking spironolactone. The doctor will want to discuss the risks and benefits with you.
- Spironolactone can sometimes cause changes in libido and impotence in men.
- Tell your doctor if you notice any strange effects from taking your spironolactone.



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



Document history

Authors	Pharmacy Department
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