

Department of Cardiology/Pharmacy

Thiazide Diuretics (Water tablets)

Examples: Bendroflumethiazide
Hydrochlorothiazide
Indapamide

Action

Thiazide diuretics are sometimes known as water tablets. They work by helping your kidneys to remove more water and salt from your bloodstream. This type of water tablet has two different uses:

- They can help control your blood pressure if it is too high.
- They can help to get rid of excess water from your body if this is causing you to have swollen ankles or to feel short of breath.

Taking your water tablets

Water tablets are usually taken in the morning. They will make you pass more water for about four to six hours after taking the dose. Always follow the instructions on the label of your medicine.

Problems to watch out for

- Water tablets can make you lose potassium and other salts from your body. Make sure you eat foods containing potassium like tomatoes or bananas.
- Water tablets can make your blood pressure a bit too low. You might feel dizzy when you first stand up. Take care to stand up slowly and get your balance before setting off walking.
- Water tablets can cause problems with control of your blood sugar if you are diabetic. Your doctor might want you to test your blood more often while you get used to your water tablets.
- Water tablets can cause problems with control of your blood cholesterol. Your doctor might want you to test your blood cholesterol after a few weeks.
- Water tablets can cause side effects. Tell your doctor if you have problems with:
 - An upset stomach.
 - A skin rash or skin which is more sensitive to the effects of the sun.
 - Joint pains or red and swollen joints.
 - Problems with sexual intercourse.
- Tell your doctor if you notice any strange effects from taking your water tablets.
- Women who are pregnant or breast-feeding must talk to their doctor before thiazide diuretics. The doctor will want to discuss the risks and benefits with you.



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

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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



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