

Department of Nephrology/Pharmacy

Loop Diuretics (water tablets)

Examples

The following are examples of brand names of loop diuretics:

- Furosemide
- Bumetanide

What are loop diuretics and what do they do?

Loop diuretics are often called water tablets. If your heart or kidneys are not working properly water might build up in your body. You might get swollen ankles or feel short of breath. Water tablets help to get rid of the extra water from your body. They help your heart and kidneys to work better.

Why am I prescribed a loop diuretic?

Loop diuretics or water tablets are used to help your kidneys remove extra fluid. If you have extra fluid in your body, you may notice that you have swollen ankles or difficulty breathing. Loop diuretics work by helping your kidneys to remove more water and salt from your bloodstream.

How do I take my loop diuretic tablets?

Water tablets are usually taken once or twice a day. If you take one dose each day, you should take it in the morning. If you take two doses each day, you should take the first dose in the morning and the second dose at lunchtime - taking them later in the day could keep you running to the toilet in the night.

You will pass more urine than usual for about four hours after taking the dose.

Always follow the instructions on the label of your medicine.

Do I need to have any tests or be monitored because I am taking loop diuretic tablets?

Your doctors will monitor your kidneys and the salts such as potassium and sodium in your blood to make sure that you are not losing too much water and are becoming dehydrated. They may advise you to adjust the doses of your diuretics based on the results of these tests.

Your doctors will also check your weight as this will tell them how much fluid you have lost from your body and will also check your ankles to check for swelling caused by extra fluid.

Are there any side effects?

- 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 have side effects. Tell your doctor if you get problems with:
 - Ringing in your ears
 - Muscle cramps
 - A skin rash
- Tell your doctor if you notice any strange effects from taking your water tablets.

Special warnings or precautions you need to be aware of:

Water tablets can make you lose too much water from your body which is known as dehydration. If this happens you will feel thirsty and your mouth will feel dry. If you become dehydrated it is important that you contact your doctor or specialist nurse immediately.

Signs of dehydration include:

- Feeling thirsty
- Dry mouth
- Dry eyes

Are there any problems taking loop diuretic tablets with any other medications?

If you take lithium tablets the levels of lithium in your blood can be affected by diuretic tablets. If you take lithium please check with your doctor before starting the diuretic tablets.

Only take tablets prescribed for you by your doctor and check with your pharmacist before taking any new medicines.

Further information

Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.

If you have any other questions about your medication, please contact the medicines helpline on 01223 217502.



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

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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