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SPIRONOLACTONE AND W/THIAZIDE - ORAL

OTHER NAMES: Aldactazide, Novospirozine, Spirozide

USES: This drug is a diuretic or "water pill". It reduces the amount of water and sodium retained by the body. It is used to lower blood pressure and to treat edema (fluid retention).

HOW TO TAKE THIS MEDICATION: Take this exactly as prescribed. Do not skip doses or increase the dose without your doctor's approval.

Take with food or milk to minimize stomach upset.

Because this drug may increase urination, avoid taking a dose late in the day.

SIDE EFFECTS: This drug may cause dizziness or blurred vision. Use caution engaging in activities requiring alertness.

Watch for signs of dehydration such as dry mouth or thirst.

You may experience nausea, vomiting, loss of appetite, fatigue, sleeplessness, or nasal congestion the first few days as your body adjusts to the medication. If these effects persist or become bothersome, inform your doctor.

Notify your doctor if you develop a skin rash, yellowing of the skin, deepening of the voice, sore throat, weakness, irregular pulse or a persistent cough while taking this medication.

Because this drug changes your fluid balance, you may feel dizzy if you change from a lying to a standing position too rapidly. Avoid this by sitting up a few minutes before rising.

Thiazide containing diuretics increase sensitivity to sunlight.

PRECAUTIONS: This medication should be used during pregnancy only if clearly needed. Discuss the risks and benefits with your MD. Small amounts of this medication appear in breast milk. Consult your doctor before breast-feeding.

Thiazides can make you more prone to sunburn. Avoid prolonged sun exposure. Use a sunscreen and wear protective clothing.

Tell your doctor your complete medical history especially if you have gout, diabetes or liver problems.

Alcohol may further lower your blood pressure. Ask your doctor about its use.

Tell your doctor if you are allergic to sulfa drugs. You may also be allergic to this medication.

DRUG INTERACTIONS: Inform your doctor about all the medicines you

use (both prescription and nonprescription) especially if you take lithium, digoxin (Lanoxin), anti-inflammatory drugs like Motrin or ACE inhibitors (Capoten-like drugs), as your dose may need to be adjusted.

If you take colestipol or cholestyramine, take the diuretic 1 hour before or 4 hours after the cholesterol lowering medicine because of decreased adsorption.

NOTES: Unlike other diuretics, spironolactone does not cause potassium loss. Do not take potassium supplements while taking this medication unless prescribed by your doctor.

MISSED DOSE: If you miss a dose, take as soon as remembered; do not take if it is almost time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature away from moisture and sunlight. Do not store in the bathroom.

Your condition can cause complications in a medical emergency. For information on enrollment call Medic Alert(TM) at 1-800-854-1166. In Canada call 1-800-668-1507.