

Spironolactone or Eplerenone

An information guide



Spironolactone or Eplerenone

You have been given a medicine called Spironolactone or Eplerenone.

Why has my doctor or heart failure nurse given me Spironolactone or Eplerenone?

Spironolactone and Eplerenone are used to treat a weak heart (known as heart failure). It is a type of diuretic (water tablet). Check with your doctor or heart failure nurse if you are still not sure why you need spironolactone or Eplerenone.

How does it work?

Spironolactone and Eplerenone block the effects of the hormone aldosterone which can cause your heart failure to get worse.

Aldosterone makes your body retain water but by blocking the effects of aldosterone, Spironolactone and Eplerenone causes your body to retain less water.

This reduces the amount of ankle swelling and breathlessness that you may be suffering from.

How should I take my Spironolactone or Eplerenone?

Always follow the instructions on the label. **Do not** stop taking this medicine unless your doctor tells you to stop. Spironolactone or Eplerenone should be taken at the same time each day.

What should I do if I miss a dose?

Take it as soon as you remember. If it is nearly time for the next dose, do not take the one you missed. Take the next dose at the usual time. **Do not** double up the next dose.

What are the side effects of Spironolactone or Eplerenone?

Like all medicines, Spironolactone and Eplerenone can cause side effects in some people. You may experience:

- Nausea.
- Headaches.
- Spironolactone and Eplerenone can sometimes affect kidney function and can also increase potassium levels. This is especially important for patients who are also prescribed Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors) or Angiotensin II receptor blockers (ARBs). Your doctor or heart failure nurse will monitor your kidney function and potassium through regular blood tests.
- Rarely Spironolactone may cause swelling or tenderness of the breasts, especially in men.

Can I take other medicines while taking Spironolactone?

Yes, but some other medicines may affect how Spironolactone or Eplerenone works.

It is important that you check with your doctor, heart failure nurse or pharmacist before taking any other medicines, including ones that you buy.

The information in this leaflet should be read together with the information provided by the manufacturer of your medication. Please read the leaflets carefully regarding instructions on storing your medication and always keep it out of the reach of children.

If you have any concerns regarding your medication contact your pharmacist, doctor or heart failure nurse.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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