



The Prince of Wales Hospital
& Community Health Services



MEDICATION ADVICE LEAFLET

This leaflet should be given to you by a health professional, so that the medication advice contained within can be discussed and explained appropriately.

The following information may not answer all of your questions. It does not include a full list of possible unwanted effects. For further information contact your doctor or pharmacist and read the Consumer Medicine Information that is available for every medication.



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**Medicines that remove
excess fluid from the body
Diuretics—“water tablets”**

Generic (non-brand) name	Brand names
FRUSEMIDE	Lasix, Uremide, Urex, Frusehexal, Frusid
HYDROCHLOROTHIAZIDE	Dithiazide
INDAPAMIDE	Dapa-tabs, Natrilix SR, Natrilix, Indahexal, Napamide, Insig
BENDROFLUAZIDE	Aprinox
CHLORTHALIDONE	Hygroton
BUMETANIDE	Burinex

What are they used for?

- ♥ high blood pressure
- ♥ heart failure

How do they work?

- ♥ they work on the kidneys to increase the amount of urine produced. This prevents fluid build up in the ankles, lungs, abdomen (stomach) and other parts of the body

Benefits of taking these medications



- ♥ improved ability to do daily activities
- ♥ reduced time in hospital for people who have heart failure
- ♥ control of fluid build-up, so that your heart doesn't need to work so hard
- ♥ improved heart function

When should they be taken?

- ♥ each dose of medication works for about four hours, so you may notice an increased need to pass urine during this time
- ♥ tablets should be taken in the morning and if you are taking two doses, take the last dose at midday or in the early afternoon, to reduce the need to pass urine during the night
- ♥ **if you find that taking your fluid tablet at a particular time of the day interrupts, or is inconvenient, to your lifestyle, talk to your doctor about alternative times**

Possible unwanted effects

- ♥ dizziness or faintness, especially if you sit up or stand up quickly
- ♥ frequent headaches
- ♥ tiredness
- ♥ dry mouth. This can be helped by chewing sugarless gum
- ♥ itchy skin. This can be helped by using a moisturiser
- ♥ gout (pain and swelling in joints such as toes and fingers) Ask your doctor for advice if you notice this.
- ♥ muscle cramps



Notes

- ♥ if you have heart failure, ask your doctor or registered nurse about your recommended fluid intake or action plan
- ♥ fluid build-up in the body results in weight gain, which can sometimes occur rapidly over a few days. This is why it is important, if you have heart failure, to weigh yourself everyday
- ♥ people with heart failure will still need to restrict their fluid intake while taking this medication

Your doctor may check the following:

- ♥ potassium level in the blood
- ♥ kidney function

Dehydration

If you take tablets that remove excess fluid from the body you are at greater risk of becoming dehydrated, especially if:

- ♥ the weather is hot
- ♥ you have had diarrhoea or vomiting
- ♥ you have had a fever

It is important that you look out for signs that you may be dehydrated and tell your doctor or health professional if you notice:

- ♥ less urine than normal or darker urine
- ♥ muscle pain or cramps
- ♥ weakness, tiredness or drowsiness
- ♥ dry mouth and thirst
- ♥ weight loss

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