



*Better
Together*

Patient information

Spironolactone / Epleronone

Pharmacy and Cardiology Directorate

You have been given a medicine called Spironolactone or Eplerenone.

Why has my doctor given me spironolactone or eplerenone and what are the benefits?

Spironolactone and eplerenone are used to treat a weak heart (known as heart failure) when the heart is less efficient at pumping blood around the body. They are a type of diuretic (water tablet).

Check with your doctor if you are still not sure why you need spironolactone or eplerenone.

How does it work?

Spironolactone and eplerenone prevent a substance in the body called 'aldosterone' from working. Aldosterone makes the body retain water so, by stopping it from working, spironolactone and eplerenone cause the body to retain less water. This can relieve swollen ankles and breathlessness.

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. You should take spironolactone 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 the next dose.

What are the risks of having spironolactone or eplerenone?

There are risks and benefits of taking all drugs however your doctor will discuss why there are more benefits than risks for you taking either spironolactone or eplerenone. There are some side effects to all drugs.

What are the side effects of spironolactone?

All drugs have side effects but most people will not experience them.

However, some people may experience:

- feeling sick
- Or
- headaches.

Some men may suffer from swollen or tender breasts.

Spironolactone or eplerenone can sometimes keep too much of a substance called potassium in your body, this will be checked with a blood test. If this happens to you, your doctor may put you on a lower dose or stop it altogether.

Can I take other medicines while taking spironolactone or eplerenone?

Yes, but some other medicines may affect how the tablets work. It is important that you check with your doctor or pharmacist before you take any other medicines, including ones that you buy.

Are there any alternative treatments available?

There are other medicines available to treat heart failure however if your doctor has prescribed either spironolactone or eplerenone this may be the most appropriate tablet for you but please discuss this with your doctor.

If you have any side effects, there may be an alternative that your doctor can prescribe so it is important that you discuss this with your doctor.

What will happen if I decide not to have spironolactone or eplerenone?

If you decide not to take the tablet you will not get any of the benefits. You must discuss this with your doctor as they need to know if you are not taking it and may prescribe an alternative for you.

This leaflet is not a substitute for any advice that your doctor, nurse or pharmacist may give you.

You can get more detailed information from the manufacturer's information leaflet.

Further Information

**Further information on this medicine is available from the Medicines Information Department of the Royal Liverpool University Hospital
Telephone number: 0151 706 2096
Text phone number 18001 0151 2096**

NHS website www.nhs.uk

NHS Direct:

For free advice and information on any health matter 24 hours a day, seven days a week, please
Tel: 0845 4647

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