

# Spironolactone



## The Heart Centre

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2120 • 1-888-300-3088  
Emergency call: 604-875-2161  
(ask for Cardiologist on call)  
[www.bcchildrens.ca](http://www.bcchildrens.ca)

## What is Spironolactone (Aldactone, Apo-spironolactone, Teva-Spironolactone)?

Spironolactone (spir-ON-oh-LAK-tone) is a medication that may be used in patients with heart failure or kidney conditions. It helps to decrease the amount of extra salt and water in the body by increasing the amount of urine it makes. It belongs to a class of medications called diuretics or "water pills" but is a special type as it stops potassium being lost in the urine.

Spironolactone comes in tablet and liquid (suspension) form.

## How do I give this medicine?

- ▶ Shake well if liquid form
- ▶ Give \_\_\_ mL or \_\_\_ tablet(s) (= \_\_\_\_\_ mg) \_\_\_\_\_ times a day by mouth/NG or GT
- ▶ Give this medication with food

## How is this medication stored?

- ▶ Store liquid in fridge
- ▶ Keep tablets at room temperature away from sunlight
- ▶ Keep tablets away from moist or damp places
- ▶ Keep medication out of the reach of small children

## What should I do if a dose is missed?

- ▶ Give the missed dose as soon as you remember. But if it is close to the time for the next dose, skip the missed dose - give the next dose at the normal time.
- ▶ Do **not** double up the dose.
- ▶ If your child vomits within 30 minutes after a dose - give a new dose. If longer than 30 minutes then wait until next normal medication time.

## Possible common side effects:

- Stomach upset
- Diarrhea (loose watery stools)
- Thirsty, dry mouth
- Headache

## Call cardiologist, cardiology clinic or seek care if your child has any of the following:

- ▶ Skin rash
- ▶ Poor appetite /not hungry
- ▶ Drowsiness or lethargy (tiredness)
- ▶ Any new symptoms that seem different from your usual heart symptoms

### Other notes or special instructions:

- If the child has taken or been given an extra dose and you are worried call Healthlink BC at 811
- If your child accidentally has taken or been given an overdose call:



**BC Drug and Poison Centre:**  
1-800-567-8911 • 604-682-5050

- ▶ This medication can lower blood pressure. Ask your child to get out of bed or stand up slowly.
- ▶ This medicine will cause the body to gain potassium. Spironolactone is often given with another diuretic called furosemide to work against the potassium loss. Your doctor may order bloodwork to check sodium and potassium levels.
- ▶ Don't give your child any potassium supplements, unless prescribed by your doctor, or too many foods that are high in potassium such as bananas or orange juice.
- ▶ Hold dose if your child is not eating or drinking well.
- ▶ Check with your doctor or pharmacist before starting any new medications, over the counter medications, and herbal products.
- ▶ Spironolactone liquid must be made by a specialized pharmacy. Check with your pharmacy to make sure they can make spironolactone for your child.
- ▶ Check the expiry date of the liquid.