

About your medication

SPIRONOLACTONE

(ALDACTONE® , SPIRACTIN®
25mg and 100mg tablets)

Other brands may be available

WHAT IS SPIRONOLACTONE?

Spiroinolactone is from a group of medicines called potassium-sparing diuretics. It is only available on a doctor's prescription. It works to remove excess fluid from the body via the kidneys.

WHAT IS IT FOR?

Spiroinolactone is used to treat high blood pressure, fluid retention (oedema), heart failure and other conditions such as hypokalaemia (low potassium levels in the blood) in children.

There may be other reasons this medicine is being prescribed - Please ask if you do not know why spiroinolactone is being used.

HOW TO TAKE THIS MEDICINE

It is important that this medicine is given only as directed and not given to other people. The dose varies for each person. Contact your pharmacist if you have trouble taking or giving this medicine to your child.

- It is important to give this medication exactly as ordered. Even if your child feels fine, their blood pressure may still be high.
- Tablets are best taken with food or after a meal.
- The dose may be given once, twice or three times per day. It is best to give your child their medication at about the same time each day, whether they are having a single daily dose or multiple doses through the day.
- Spiroinolactone will make your child pass more urine. If your child is no longer in nappies, to keep them from having to go too often during the night, give spiroinolactone in the morning. If more than one dose a day is required, give the last dose before 6 pm (unless your doctor tells you differently).
- Spiroinolactone, taken for fluid retention, may take a few days to work. Maximum effect of spiroinolactone therapy may not occur for up to two weeks after starting treatment.
- Regular blood tests may be taken to monitor salts, such as potassium.
- Tablets may be crushed for swallowing if required.
- As for all medicines, it is best to swallow the tablets with plenty of water.

WHAT TO DO IF A DOSE IS MISSED

Do not give the missed dose if it is almost time for the next dose. Skip the dose and wait to give the next dose as normal. **Do not double-up on any doses.** If you remember close to the time the dose should have been taken then give the missed dose.

STORING THE MEDICINE

It is important to keep spiroinolactone locked away out of the reach of children. Do not keep the tablets in the bathroom, near the kitchen sink or in other damp, warm places because this may make them less effective. Store in a cool, dry place, away from heat and direct light.

USE OF OTHER MEDICINES

Care must be taken when using spironolactone with some other medications. Check with your doctor or pharmacist before giving any prescription medicine or medicine purchased without prescription from a pharmacy, supermarket, or health food shop. This is important for

- Digoxin – spironolactone may cause an increase in digoxin levels in the body. Be alert for signs of digoxin toxicity eg: nausea, vomiting, irregular heart rate or rhythm.
- Aspirin and other Non Steroidal Anti-inflammatory medications (eg: ibuprofen, diclofenac) – may decrease effectiveness of spironolactone. Low dose aspirin (used to thin the blood) is unlikely to effect spironolactone.
- Other medications that may increase potassium levels. For example: ACE Inhibitors.
- Potassium containing medicines in the form of salt, tablets or some herbal preparations.

This list is not complete. Talk to your doctor or pharmacist about possible interactions with any over-the-counter or complementary medicines or recreational substances (e.g. alcohol).

IMPORTANT INFORMATION

- Do not suddenly stop giving this medication without first checking with your doctor. The medication should be ceased gradually rather than abruptly.
- These medications may make your child sleepy or dizzy. Care must be taken with activities such as riding bikes or climbing trees, or for older children, driving cars or boats or operating machinery, until you know how this medicine will affect your child.
- It is important that you visit your child's doctor regularly to monitor their progress and blood potassium levels.

POSSIBLE SIDE EFFECTS

Side effects can occur while taking spironolactone. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Less serious side effects include:

- Dizziness, drowsiness, headache
- Upset stomach, nausea or loss of appetite, vomiting
- Diarrhoea
- Alteration of the level of some salts in the body – for example raised potassium levels, lowered sodium levels

More Serious (Contact doctor *as soon as possible* if any of the following occur):

- Irregular heartbeat
- Unexplained fever
- Severe stomach pain or vomiting
- Frequent infections such as fever, severe temperatures, sore throat or mouth ulcers

Allergic reaction (Stop medicine and see doctor immediately):

- skin rash, itching or hives, swollen mouth or lips, wheezing or difficulty breathing

IF YOU HAVE ANY QUESTIONS CONTACT



***Your Child's Doctor via the RCH Switchboard
on 03 9345 5522***

OR

***Pharmacy Department on 03 9345 5492
IN CASE OF POISONING OR OVERDOSE CONTACT
POISONS INFORMATION CENTRE 13 11 26
(24 hour service)***

This leaflet answers some common questions about your child's medicine. It does not contain all available information. It does not take the place of talking to your child's doctor or pharmacist. The leaflet may differ from information in the manufacturer's Consumer Medicine Information. The information in this leaflet reflects the usage of medicine under medical supervision by patients of The Royal Children's Hospital. Medicine may be used in children in different ways or for different reasons than in adults - for more information see the leaflet "[Medicines for Children](#)". This leaflet includes information current at the time of review of the document – OCTOBER 2010.