

Patient information

Diuretics

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow their instructions.

Your GP may give you the same tablets known by a different name — the brand name. You should always check with your GP or pharmacist if you are unsure.

Examples

Furosemide, Amiloride, Bendroflumethiazide, Bumetanide, Metalozone and Spironolactone. The above drugs might also be referred to by the trade name assigned by the manufacturer.

What are diuretics used for?

Diuretics are primarily used for people with heart failure and possibly for treatment of high blood pressure.

How do they work?

When your heart is not pumping effectively this will effect how much urine the kidneys produce. With a decrease in urine production your body will carry an excess of fluid potentially causing your breathing to become more rapid and uncomfortable.

Diuretics work directly on your kidneys to produce more urine and remove the excess fluid from your body. This will help your breathing become easier and also help reduce swelling of the ankles and legs. It will also reduce your blood pressure.

Possible side effects

- Dizziness and feeling faint
- Lethargy
- Rash

If you are concerned please contact your doctor. The side effects will vary on the type of diuretic you are taking.

What if I miss a dose?

Try to take your diuretic tablet the same time each day preferably in the morning. If you forget you can take it later in the day up to 2pm. If you forget completely and you feel short of breath you may need an extra diuretic tablet the next day—you should contact your GP for advice.

General points

- You should take your diuretic medication in the morning, as you will need to pass urine for the first few hours after taking it.
- You may have blood tests occasionally while taking this medication to check your blood chemistry. As a result your doctor may prescribe various supplements, eg potassium if your blood result shows this particular deficiency.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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