PATIENT & CAREGIVER EDUCATION

# Hydrochlorothiazide and Spironolactone

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

### Brand Names: US

Aldactazide [DSC]

### Brand Names: Canada

TEVA-Spironolactone/HCTZ

### What is this drug used for?

- It is used to get rid of extra fluid.
- It is used to treat high blood pressure.
- Spironolactone has caused tumors in animals. These studies used larger than normal doses for a long time. Use this drug as you have been told. Do not use this drug for health problems other than what the doctor told you.

## What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has a sulfa allergy.
- If your child has any of these health problems: Addison's disease, high calcium levels, high potassium levels, kidney disease, or liver disease.
- If your child is not able to pass urine.
- If your child is taking any of these drugs: Abiraterone, amiloride, dofetilide, eplerenone, or triamterene.
- If your child is taking lithium.

## If your child is breast-feeding a baby:

- Talk with the doctor if your child is breast-feeding a baby or plans to breast-feed a baby.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs

and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

## What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child avoid tasks or actions that call for alertness or clear eyesight until you see how this drug affects your child. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles.
- To lower the chance of feeling dizzy or passing out, have your child rise slowly if your child has been sitting or lying down. Have your child be careful going up and down stairs.
- If your child has high blood sugar (diabetes), you will need to watch your child's blood sugar closely.
- Have your child's blood pressure checked as you have been told.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.

- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- If your child is on a low-sodium or sodium-free diet, talk with your child's doctor.
- Sometimes, this drug may raise potassium levels in the blood. This can be deadly if it is not treated. The risk is highest in people with diabetes, kidney disease, severe illness, and in older adults. The doctor will follow your child closely to change the dose if needed.
- If your child is taking a salt substitute that has potassium in it, a potassium-sparing diuretic, or a potassium product, talk with your child's doctor.
- If your child is taking this drug and has high blood pressure, talk with the doctor before giving OTC products that may raise blood pressure. These include cough or cold drugs, diet pills, stimulants, non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or naproxen, and some natural products or aids.
- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- Talk with your child's doctor before your child uses marijuana, other forms of cannabis, or prescription or OTC drugs that may slow your child's actions.

- If your child takes cholestyramine or colestipol, talk with the pharmacist about how to give them with this drug.
- Watch for gout attacks.
- This drug may cause high cholesterol and triglyceride levels. Talk with the doctor.
- Tell the doctor if your child sweats more than usual, has fluid loss, is throwing up, or has diarrhea. This may lead to low blood pressure.
- If your child has lupus, this drug can make your child's lupus active or get worse. Tell the doctor right away if your child gets any new or worse signs.
- This drug may make your child sunburn more easily. Use care if your child will be in the sun. Tell your child's doctor if your child sunburns easily while taking this drug.

## If your child is pregnant:

- Tell the doctor if your child is pregnant or becomes pregnant. You will need to talk about the benefits and risks of your child using this drug while pregnant.

## What are some side effects that I need to call my child's doctor about right away?

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of fluid and electrolyte problems like mood changes, confusion, muscle pain or weakness, fast or abnormal heartbeat, severe dizziness or passing out, increased thirst, seizures, feeling very tired or weak, decreased appetite, unable to pass urine or change in the amount of urine produced, dry mouth, dry eyes, or severe upset stomach or throwing up.
- Signs of high blood sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- Signs of a pancreas problem (pancreatitis) like very bad stomach pain, very bad back pain, or very bad upset

stomach or throwing up.

- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Black, tarry, or bloody stools.
- Throwing up blood or throw up that looks like coffee grounds.
- Change in balance.
- Fever, chills, or sore throat.
- A burning, numbness, or tingling feeling that is not normal.
- Shortness of breath.
- Any unexplained bruising or bleeding.
- Enlarged breasts or nipple discharge.
- This drug can cause certain eye problems. If left untreated, this can lead to lasting eyesight loss. If eye problems happen, signs like change in eyesight or eye pain most often happen within hours to weeks of starting this drug. Call the doctor right away if your child has these signs.
- Liver problems have rarely happened with this drug. Sometimes, this has been deadly. Call your child's doctor right away if your child has signs of liver problems

like dark urine, tiredness, decreased appetite, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.

- Rarely, certain types of skin cancer have happened in people taking hydrochlorothiazide. Protect your child's skin from the sun, and have skin checked as you have been told by the doctor. Call the doctor right away if your child has a change in color or size of a mole, or any new or changing skin lump or growth.
- Severe skin reactions may happen with this drug. These include Stevens-Johnson syndrome (SJS). Sometimes, body organs may also be affected. These reactions can be deadly. Get medical help right away if your child has signs like red, swollen, blistered, or peeling skin; red or irritated eyes; sores in the mouth, throat, nose, eyes, genitals, or any areas of skin; fever; chills; body aches; shortness of breath; or swollen glands.

**If your child has menstrual periods:**

- Period (menstrual) changes.

**If your child is or may be sexually active:**

- Not able to get or keep an erection.

## What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Stomach cramps.
- Feeling dizzy, sleepy, tired, or weak.
- Headache.
- Restlessness.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

## How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- Keep giving this drug to your child as you have been told

by your child's doctor or other health care provider, even if your child feels well.

- This drug may cause your child to pass urine more often. To keep your child from having sleep problems, try not to give too close to bedtime.

## What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

## How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

## General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

## Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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