PATIENT & CAREGIVER EDUCATION

Spironolactone

Brand Names: US
Aldactone; CaroSpir

Brand Names: Canada
Aldactone

What is this drug used for?

- It is used to get rid of extra fluid.
- It is used to treat high blood pressure.
- It is used to treat some people with high aldosterone levels.
- It may be given to your child for other reasons. Talk with the doctor.

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

- If your child has an allergy to this drug or any part of this drug.
- If your child is allergic to any drugs like this one or any other drugs, foods, or other substances. Tell the doctor about the allergy and what signs your child had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If your child has any of these health problems: Addison’s disease or high potassium levels.
- If your child is taking any of these drugs: Amiloride, eplerenone, or triamterene.

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 for your child to take this drug with all of his/her 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 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.

- Have your child’s blood pressure checked often. Talk with your child’s doctor.

- Have your child’s blood work checked often. Talk with your child’s 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-salt or salt-free diet, talk with your child’s doctor.

- Sometimes elements (potassium) in the blood may be raised with this drug. This can be deadly if it is not treated. The chance is greatest in people with high blood sugar (diabetes), kidney disease, very bad illness, and/or in older adults. Your child’s doctor will follow your child closely to change the dose to match the body’s needs.

- 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.

- Alcohol may interact with this drug. Be sure your child does not drink alcohol.

- Talk with the doctor before giving your child other drugs and natural products that may slow your child’s actions.

- If your child has high blood sugar (diabetes), you will need to watch his/her blood sugar closely.
• This drug may affect how much of some other drugs are in the body. If your child is taking other drugs, talk with the doctor. Your child may need to have blood work checked more closely while taking this drug with other drugs.

**If your child is pregnant or breast-feeding a baby:**

• Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

**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, a heartbeat that does not feel normal, very bad dizziness or passing out, fast heartbeat, more thirst, seizures, feeling very tired or weak, not hungry, unable to pass urine or change in the amount of urine produced, dry mouth, dry eyes, 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.

• Signs of a very bad skin reaction (Stevens-Johnson syndrome/toxic epidermal necrolysis) like red, swollen, blistered, or peeling skin (with or without fever); red or irritated eyes; or sores in the mouth, throat, nose, or eyes.

• Very bad dizziness or passing out.

• Feeling confused.
- Change in balance.
- Fever or chills.
- Sore throat.
- Any unexplained bruising or bleeding.
- Black, tarry, or bloody stools.
- Throwing up blood or throw up that looks like coffee grounds.
- Breast pain.
- For males, enlarged breasts.
- 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, feeling tired, not hungry, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.

**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.
- Lowered interest in sex.

**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:

- Diarrhea.
- Feeling sleepy.
- Dizziness.
- Headache.
- Upset stomach or throwing up.
- Stomach cramps.
• Hair loss.

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.

**All products:**

• Give this drug with or without food but give it the same way each time. Always give with food or always give on an empty stomach.

• To gain the most benefit, do not miss giving your child doses.

• 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 to give this drug before 6 PM.

**Liquid (suspension):**

• Shake well before use.

• Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

**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.

• Store 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.

• Keep a list of all your child’s drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your child’s doctor.

• Talk with your child’s doctor before giving your child any new drug, including prescription or OTC, natural products, or vitamins.

• 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.

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This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions,
interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.

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If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9:00 AM to 5:00 PM at ____________________. After 5:00 PM, during the weekend, and on holidays, please call____________________. If there’s no number listed, or you’re not sure, call 212-639-2000.

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