

# Your medication information for CHRONIC HEART FAILURE

## Aldosterone antagonists

Active Ingredient Name	Some Common Brand Names
Eplerenone	Espler <sup>®</sup> , Inpler <sup>®</sup> , Inspra <sup>®</sup>
Spironolactone	Aldactone <sup>®</sup> , Spiractin <sup>®</sup>

### What are aldosterone antagonists?

- ♥ Aldosterone antagonists block the activity of a hormone called aldosterone in the body.
- ♥ They help to reduce the amount of salt and water the body retains and may lower blood pressure.
- ♥ They may work in combination with other heart failure medicines to:
  - Reduce heart failure symptoms such as fluid retention and swelling
  - Reduce your need for hospital admissions
  - Help you live longer.

### What should I do while taking them?

**Take your aldosterone antagonist every day according to the doctor's instructions.**

- ♥ Aldosterone antagonists are usually taken once daily in the morning, with or after breakfast.

**See your doctor for a check-up one week after starting an aldosterone antagonist, then at least monthly for the first 3 months and then every 3 months thereafter.**

- ♥ The doctor will order a blood test to check your kidney function and blood potassium levels.
  - Frequency of blood tests may be reduced to every 4 – 6 months if your dose has been stable for 1 year.

### What are the possible side effects?

- ♥ Aldosterone antagonists may cause stomach upset, tiredness or weakness, dizziness, headache, breast pain or swelling, irregular menstrual periods and changes in hair growth. Tell your doctor or pharmacist if you experience any side effects so they can help you.
- ♥ Read the consumer medicines information leaflet or speak to your doctor or pharmacist if you would like more information about possible side effects.



**For more advice about information in this leaflet, contact:**

Monash Medicines Information -

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Consumer reviewed