

Your medication information for CHRONIC HEART FAILURE

Diuretics

Active Ingredient Name	Some Common Brand Names
Furosemide	Frusid [®] , Frusax [®] , Lasix [®] , Uremide [®] , Urex [®]
Bumetanide	Burinex [®]
Ethacrynic acid	Edecrin [®]
Hydrochlorothiazide	Dithiazide [®]
Indapamide	Dapa-tabs [®] , Insig [®] , Natrilix [®] , Natrilix SR [®] , Odaplix SR [®] , Tenaxil SR [®]
Chlorthalidone	Hygroton [®]

What are diuretics?

- ♥ Diuretics are often called 'fluid tablets' or 'water pills'.
- ♥ They are used to rid the body of excess fluid by increasing the amount of urine you make.
- ♥ Removing excess fluid helps reduce symptoms such as swelling and shortness of breath.

What should I do while taking them?

Take your diuretic every day according to your doctor's instructions.

- ♥ Diuretics are usually taken in the morning. They may be taken with or without food.
- ♥ If your doctor tells you to take your diuretic twice a day, take the second dose at lunchtime.
- ♥ If you are going out during the day, you can delay your dose until after you return home.
- Avoid taking your diuretic after 6pm so your sleep is not affected.

Follow your doctor's advice about fluid and salt intake.

- ♥ Reducing the amount of salt in your diet and limiting how much liquid you drink can reduce your symptoms and reduce your need for diuretics.

See your doctor for a check-up within two weeks of starting diuretics or changing dose.

- ♥ Your doctor will order a blood test to check your kidney function and salt and potassium levels.

Weigh yourself each morning after you pass urine but before you eat or drink.

- ♥ Weighing yourself can help you keep track of your fluid levels.
- ♥ Rapid weight gain can be a sign of excess fluid accumulating in your body.
- ♥ If you notice a sudden weight gain (more than 2kg in two days), speak to your doctor or heart failure nurse for advice.

What are the possible side effects?

- ♥ You may feel dizzy when you first start taking diuretics or when the dose is increased.
 - To avoid dizziness, get up slowly from sitting or lying down.
 - Sit or lie down if you become dizzy or light-headed.
 - Tell your doctor if you continue to feel dizzy after the first few weeks.
- ♥ Tell your doctor or heart failure nurse if your swelling and shortness of breath become worse, or if you experience symptoms of dehydration like thirst, dry mouth or dark urine.
- ♥ 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