

SPIRONOLACTONE

YOU HAVE BEEN PRESCRIBED SPIRONOLACTONE



WHAT IS IT?

Spirolactone is a potassium-sparing medication used as a diuretic medication for heart failure, liver disease and high blood pressure. However, it has also been found useful for hirsutism, acne and seborrhoea because it has anti-androgenic properties. Spirolactone works by blocking androgen receptors.

HOW TO USE SPIRONOLACTONE

Spirolactone is a pill taken at night. The dose is usually slowly increased from 25 to 200 mg daily.

SIDE EFFECTS INCLUDE:

- Nausea, diarrhea
- Drowsiness (possibly due to high blood potassium levels)
- Headache and dizziness
- Menstrual cycle irregularities including increased frequency of menstruation, bleeding in the middle of the month or stopping periods altogether (amenorrhoea)
- Breast pain