



Oxford University Hospitals
NHS Foundation Trust

Spironolactone

**Information for parents
and carers**



What is spironolactone?

Spiroinolactone is from a group of drugs called diuretics. It is used for children with heart problems, to stop fluid building up in the body, helping the heart to work more easily.

How does spironolactone work?

Spiroinolactone is a slow acting diuretic. It helps the body to remove excess water, by increasing the amount of urine produced.

How should it be taken?

It is important that spiroinolactone is taken regularly, as prescribed. Spiroinolactone may be given one, two or three times a day.

For older children it is better to give it a few hours before bedtime, so they don't have to get up to use the toilet during the night (or risk wetting the bed).

Spiroinolactone is usually used with either furosemide or bumetanide.

The standard strength of spiroinolactone we use is 50mg in 5mls. It comes as a liquid and is given using an oral syringe. Spiroinolactone also comes as either 25mg or 100mg tablets, if preferred.

Your chemist may stock different strength liquids. Please check each new prescription and the medication from the chemist. If you are unsure of the dose to give, speak to your chemist or call your child's Cardiac Nurse Specialist.

The liquid should be stored at room temperature, out of direct sunlight.

What side effects may occur?

Side effects are rare, but spironolactone can make your child feel slightly sick or dizzy.

Sodium and potassium levels in your child's blood will be checked while they are taking this medication. They may be checked again at future appointments or if the dose is changed.

Further prescriptions will need to be provided by your child's GP.

This medicine should not be stopped without advice from a doctor.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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