

Aldosterone antagonists

Information for Patients

Aldosterone antagonists is the name given to a group of medicines. The name of your aldosterone antagonist is

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Why has my doctor given me an aldosterone antagonist?

Aldosterone antagonists are used to treat a weak heart (known as heart failure). They are types of diuretics (water tablet).

Check with your doctor if you are still not sure why you need an aldosterone antagonist.

How do they work?

Aldosterone antagonists prevent a substance in the body called "aldosterone" from working. Aldosterone makes the body retain water, therefore, by blocking its action, aldosterone antagonists cause the body to retain less water. This relieves ankle swelling and breathlessness. You may find that you need to pass more water and need to go to the toilet more often.

How should I take my aldosterone antagonist?

Always follow the instructions on the label. Do not stop taking this medicine unless your doctor tells you to stop. Aldosterone antagonists should be taken at the same time each day.

What should I do if I miss a dose?

Take it as soon as you remember. If it is nearly time for the next dose, do not take the one you missed. Take the next dose at the usual time. Do not double up the next dose.

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What are the side effects of aldosterone antagonists?

All drugs have side effects but most people will not experience them.

The following can occur in some people:

- diarrhoea or constipation
- nausea
- headache
- low blood pressure and dizziness
- in men, swelling or tenderness of the breast tissue can occur

Can I take other medicines while taking an aldosterone antagonist?

Yes, but some other medicines may affect how they work. It is important that you check with your doctor or pharmacist before taking any other medicines including ones that you buy over the counter.

This leaflet is not intended as a substitute for any advice that your doctor, nurse or pharmacist may give you.

More detailed information can be obtained from the manufacturers information leaflet.

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