

## Dear patient

This pamphlet includes a series of care tips and instructions about your medicines. We hope you may control your disease and improve your life quality through observing them.

### Diuretics (diuresis promoters):

General Function: Increasing Volume of Urine in Order to Reduce Blood Pressure

Types of Diuretics:

1. Furosemide (Lasix)

2. Hydrochlorothiazide

3. Spironolactone

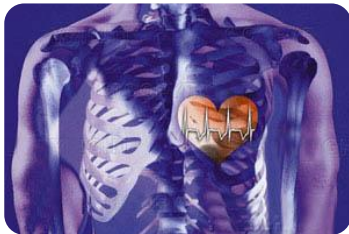
4. Triamterene H

5. Acetazolamide

6. Turosemide

7. Bumetanide

Potassium-sparing



## Notes about Lasix tablets

- Take this medicine in the morning in order to prevent enuresis and sleep disorder at night.
- Control your weight and blood pressure.
- In order to prevent rapid blood pressure reduction, move in a slow manner.
- Potassium-containing foods such as banana, tomato, carrot and apricot (yellow fruits) are recommended. In case of needing, take Potassium supplements.
- In case of kidney disorder, liver disease or pregnancy, consult with your doctor.

## With which drugs does Lasix have drug interactions?

- Simultaneous intake of Lasix and ibuprofen or adult cold drugs results in reduction of the medicine influence.
- Simultaneous intake of Lasix and blood pressure reducing drugs results in attenuation in influence of the latter.
- Simultaneous intake of Lasix and anticoagulant drugs results in resonance in influence of the latter.



Notes about Hydrochlorothiazide:

- If a thiazidic diuretic (hydrochlorothiazide) is prescribed for you, get high-potassium foods. In case of needing, potassium supplements are recommended.

Notes about potassium sparing diuretics:

- If you take potassium sparing diuretics (Triamterene H and Spironolactone), avoid high-potassium foods. Some of the potential side effects of these drugs are: confusion, arrhythmic pulse, muscle weakness, insentience and tingling in hands and legs, diarrhea, nausea and abdominal cramp.
- Take the drug after breakfast.
- Periodical and timely tests of blood electrolytes (sodium and potassium) are recommended to recognize the possibility of Potassium Decrease (symptoms: weak pulse, blood pressure reduction, asthenia and weakness) and Sodium Decrease (symptoms: fatigue, muscle cramp, weak pulse).

- If anti-hypertension and vasodilator drugs are prescribed for you, control your blood pressure, regularly, and move in a slow manner.
- Avoid rapid movements, alcohol and extreme sport exercises in hot weather.
- If you take Triamterene H, avoid direct and long-time exposure to sunlight.
- If you suffer from kidney diseases or diabetes, consult with your doctor about the appropriate manner of drug intake.

Side Effects of Potassium Sparing Diuretics

Water and electrolyte disorders

Vertigo

Headache

Restlessness

Weakness

Blurred vision

Diarrhea

Dry mouth

Thirstiness



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**PATIENT TRAINING**



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