



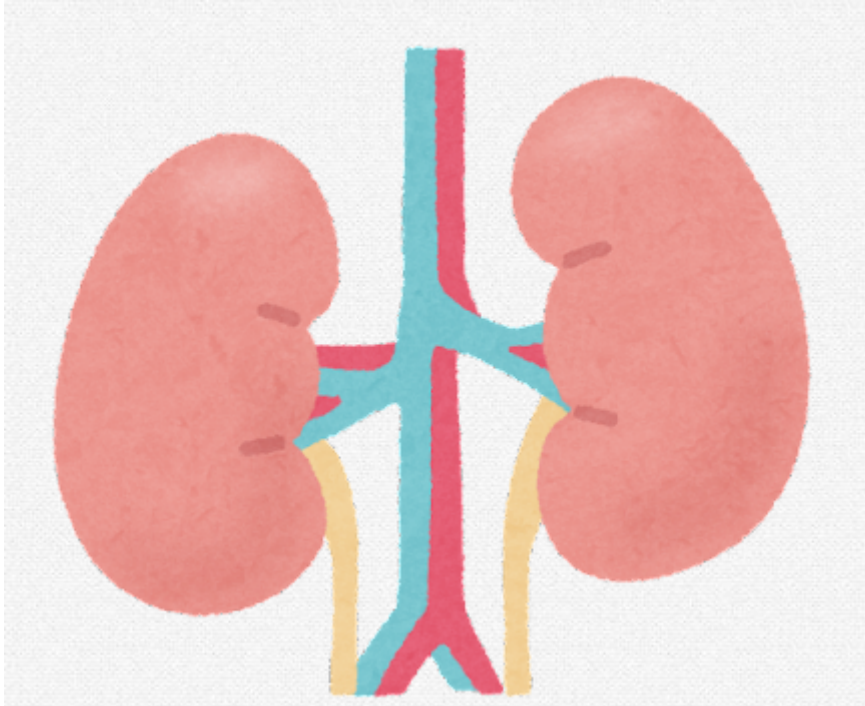
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Instructions for Diuretics Use





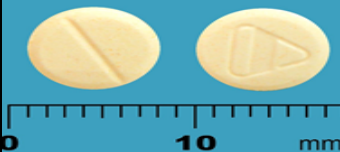

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All information above has been reviewed by Cardiology specialists
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I. What are the diuretics for?

Diuretics can help increase the renal urine excretion and remove excess water retained in the body. They are used for treating heart failure, liver cirrhosis and chronic kidney disease for relieving conditions such as pulmonary edema, ascites and limb edema.

II. The commonly prescribed diuretics

Name	Appearance	Effects	Side Effects
Furosemide (Rosis)	Pink, round tablet, labelled 324 	Remove sodium, water and potassium	1. Poor appetite 2. fatigue 3. Thirsty 4. Weakness 5. Dizziness
Dithiazide	White, mark: W 	Remove sodium and water and potassium	6. Postural hypotension/ orthostatic hypotension
Amizide	Light orange, round 	Remove sodium and water	7. Gastric upset 8. Gout (hyperuricemia)
Spirolactone	Light yellow, round tablet, labelled 367 	Remove sodium and water but reserve potassium in the body	1. Poor appetite 2. fatigue 3. Thirsty 4. Weakness

Metolazone	White, mark: 13 · OEP 	Remove water and sodium	5. Dizziness 6. Postural hypotension/ orthostatic hypotension
Tolvaptan	Light blue, triangle, tablet, labelled 15, 	Remove water only	7. Stomach upset 8. Gout (Hyperuricemia)

※ Tips for taking Tolvaptan

Tolvaptan can be used for removing excess water in patients with heart failure, liver cirrhosis and hyponatremia caused by SIADH (syndrome of inappropriate antidiuretic hormone secretion). The patient should have blood test for the sodium concentration before and after tolvaptan use.

III. Tips for taking diuretics

- (i) Avoid taking the diuretics before bedtime. Urination will increase after taking diuretics, which might interrupt your sleep.
- (ii) Diuretics may cause stomach upset, so you can take medication with food or milk.
- (iii) Take the medicine on time every day according to the doctor's prescription. If you forget to take the medicine, you should take the medicine immediately; if it is close to the next time of taking the medicine, you do not need to take the medicine. Remember not to take double the amount and do not stop the medicine by yourself to avoid unstable condition.

- (iv) Use of diuretics may precipitate gout attacks (hyperuricemia). Use of diuretics may also cause hypokalemia and hyponatremia. You need to have blood tests for electrolytes, uric acid, and renal function regularly.
- (v) If you also need to take Digoxin (an oral inotropic agent) at the same time, it easily causes hypokalemia, which may increase the risk of Digoxin intoxication. Regular monitoring of serum sodium and potassium concentration and renal function is necessary.
- (vi) Monitoring body weight, which may help adjusting diuretics dosage you needed. If you have excessive body weight gain or loss, visit your doctor for adjusting diuretic dosage.
- (vii) If you have muscle weakness, cramps, dizziness, dyspnea, orthopnea, or lower limb edema etc., please inform your doctor then adjust diuretics dosage by the instructions.







Potassium-containing fruits and food



Orange



Tangerinr

 <p>Raisin</p>	 <p>Banana</p>
 <p>Spinach</p>	 <p>Potato</p>
 <p>Star fruit</p>	 <p>Tomato</p>

IV. Conclusion :

Diuretics are used to remove excess water from the body by increasing the urination amount. Please take them by doctor's prescription and instructions. If you are pregnant or breastfeeding, please discuss with your doctor first to make sure the medical treatment is safe.

V. References

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Let's take a test to confirm that you have a
thorough understanding

1. Avoid taking the diuretics before bedtime

YES NO Not sure

2. If you forget to take the medicine, you should take the medicine immediately; if it is close to the next time of taking the medicine, you do not need to take the medicine.

YES NO Not sure

3. Diuretics are primarily used to treat infectious diseases like pneumonia.

YES NO Not sure

4. Monitoring body weight, which may help adjusting diuretics dosage you needed.

YES NO Not sure

5. Regular monitoring of serum sodium and potassium concentration and renal function is necessary.

YES NO Not sure