

***Keep all medication out of reach of children.***



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## **PATIENT INFORMATION ON**

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*Medicine To Treat:  
Hypertension*

### **Diuretics**

#### **What are Diuretics Used for?**

This medicine acts on the kidneys to get rid of excess water and salts in the body. This will reduce the amount of water in the body and so decreases the pressure on the walls of the blood vessels and the workload of the heart. It is also used to reduce fluids from the lungs in the management of heart failure.

#### **What are the Possible Side Effects of Diuretics?**

- Because diuretics work by increasing salt loss through the kidneys, you may urinate more often and in larger amount.
- You may experience giddiness, lightheadedness, especially when you get up from a lying or sitting position. This is more likely to occur in the morning.
- You may become weak, tired, unusually thirsty, have muscle cramps or loss of appetite. These are signs of too much potassium loss.
- You may develop skin rash or become sensitive to sunlight.

#### **What Precautions Should I Take?**

- Your medicine may cause you to lose potassium. If your doctor has prescribed a potassium supplement such as potassium chloride, be sure to take it with your medicine.
- If you are not taking a potassium supplement, you should increase your intake of potassium rich food. Examples of these are fresh orange juice, bananas, pineapples and raisins.

#### **What are the Commonly Used Diuretics?**

- Hydrochlorothiazide
- Frusemide

We are located in these polyclinics :

Ang Mo Kio	Tel : 6554 7462	Clementi	Tel: 6872 7137	Toa Payoh	Tel: 6354 7330
Bukit Batok	Tel : 6896 2271	Hougang	Tel : 6489 8078	Woodlands	Tel: 6369 7024
Choa Chu Kang	Tel : 6765 9647	Jurong	Tel: 6665 6467	Yishun	Tel: 6757 7794

***Discard all medication that is outdated or no longer required***