

TIP SHEET

MEDICATION

Diuretics



4Ms



What are diuretics?

- Prescription medications that help your body get rid of extra water. Sometimes referred to as “water pills”.

Why do I need to take this medication?

- Diuretics are typically used to prevent, treat, or improve symptoms in people who have swelling in their tissues from excess water retention. Thiazide diuretics (e.g. Hydrochlorothiazide) are more commonly used to treat high blood pressure.

What if I miss a dose?

- Take the medication as soon as you remember. If you remember the next day, do not take an extra dose.
- Continue with your normal schedule.

What side effects can I experience with diuretics?

- Side effects include, but are not limited to:
 - Dehydration
 - Dizziness
 - Headache
 - Muscle cramps

THERE ARE THREE MAIN TYPES OF DIURETICS.

Thiazide	Loop	Potassium-sparing
Chlorothiazide (Diuril®)	Furosemide (Lasix®)	Amiloride
Chlorthalidone	Torsemide (Demadex®)	Spiro lactone (Aldactone®)
Hydrochlorothiazide (Microzide®)	Bumetanide (Bumex®)	Eplerenone (Inspra®)
Metolazone		Triamterene (Dyrenium®)