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INFORMATION ON HYDROCHLOROTHIAZIDE

What is hydrochlorothiazide?

This is a type of blood pressure medication. It is sometimes used in patients who have excessive fluid accumulation. It was approved in 1959.

What is the dose?

The dose is 25 mg three times weekly to start and then increased only if needed. The medication should be taken in the morning. The use of intermittent dosing enhances the safety of this medication.

The medication should not be taken at the same time as iron, calcium or other vitamin pills containing minerals of this nature.

The use of alcohol should be limited.

Do other medications need to be stopped?

Dr. Donovan will review your entire medication list. Some medications may need to be stopped temporarily.

How long will I need to use this medication?

Dr. Donovan will follow your progress and guide you. The length of time that the medication needs to be used differs for everyone.

INFORMATION ON HYDROCHLOROTHIAZIDE

What are the side effects of hydrochlorothiazide?

Many patients do not experience side effects. However, it is important to be aware to the possible side effects so you can review dosing adjustments with Dr Donovan.

Side effects include lightheadedness, upset stomach, nausea, diarrhea, muscle spasms, thirst, dry mouth, decreased urination, low potassium, low sodium, low chloride, sun sensitivity, loss of appetite. Allergic reactions are rare but like any medication if you develop rash, swelling of the lips, shortness of breath be sure to seek medical attention immediately. Drug rashes and drug related side effects (drug induced lupus) can rarely occur.

Who should not take hydrochlorothiazide?

This medication is not for everyone. Dr Donovan will carefully review your history and help determine if this medication is right for you or not.

Patients should not take this medication (or review thoroughly with Dr Donovan) if:

1. Pregnant
2. Have certain autoimmune diseases
3. Have liver and kidney disease
4. Patients with sulfa allergy or penicillin allergy should review this with Dr Donovan.
Generally, HCTZ use is acceptable.
5. Have gout, diabetes, parathyroid disorders.
6. Use cholesterol medications, diabetes medications, lithium, NSAIDS

What tests are needed while using hydrochlorothiazide?

1. Blood pressure measurements may be needed
2. Blood tests may be needed for potassium, sodium, chloride.

