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# Discharge Instructions: Taking Diuretics

Your healthcare provider prescribed a type of medicine called a diuretic for you. Diuretics help reduce the amount of water in the body. They make you pee more often, flushing water and salts from your body. Diuretics are a treatment for high blood pressure (hypertension) and conditions such as heart failure, liver failure, and swelling (edema).

The name of your diuretic is: \_\_\_\_\_

## Home care

- Follow the fact sheet that came with your medicine. It tells you when and how to take your medicine. Ask for a sheet if you didn't get one.
- Tell your healthcare provider if you are taking any other medicines, including herbal remedies or over-the-counter medicines.
- Plan your activities in advance until you know how this medicine affects you.
- Take your diuretic in the morning. This medicine makes you pee more. If you take it in the morning, you may not need to use the bathroom during the night. That way, the medicine won't interfere with a good night's sleep.
- Take your medicine exactly as directed, even if you feel fine.
- Learn to take your own pulse and blood pressure. Keep a record of your results. Ask your healthcare provider which readings mean that you need medical attention.

## Possible side effects

Tell your healthcare provider if you have any of these side effects. Don't stop taking the medicine until your healthcare provider tells you to. Mild side effects include the following:

- Dizziness or lightheadedness
- Headache
- Loss of appetite
- Diarrhea
- Increased sensitivity to light
- Nervousness
- Stomach cramps with mild pain
- New rash

## When to call your healthcare provider

Call your healthcare provider right away if any of these occur:

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- Blood in your urine or stool or black, tarry stool
  - Cough or hoarseness
  - Fever or chills
  - Lower back or side pain, or muscle cramps or pain
  - Trouble peeing, pain when you pee, or dark urine
  - Pinpoint red spots on skin
  - Ringing or buzzing in your ears or any hearing loss
  - Skin rash or hives
  - Severe stomach pain with nausea and vomiting
  - Unusual bleeding or bruising
  - Yellow vision or yellowing of your eyes or skin (jaundice)
  - Increased thirst
  - Irregular heartbeat or weak pulse
  - Palpitations