



THIAZIDE DIURETICS

A guide for stroke patients

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow those instructions.

What are thiazide diuretics?

Diuretics are medicines sometimes called “water pills”. Thiazides are a type of diuretic used to treat high blood pressure and also heart failure.

Names

BENDROFLUMETHIAZIDE is a thiazide diuretic. CHLORTALIDONE, INDAPAMIDE (*Natrilix*[®]) and XIPAMIDE (*Diurexan*[®]) are related to thiazide diuretics and act in the same way.

What are thiazide diuretics for?

Thiazides are a type of antihypertensive. Antihypertensives are medicines used to lower blood pressure.

If you have had a stroke or a mini-stroke, taking antihypertensives can reduce your chances of having another one. Many medicines can lower blood pressure. They all work in slightly different ways. You may need more than one medicine to bring your blood pressure down.

How do they work?

Diuretics work by flushing out excess salt and water from your body through your urine. This takes some of the water out of your blood. As the amount of blood in your blood vessels falls, so does your blood pressure.

How should I take the medication?

Swallow the number of tablets prescribed with a glass of water in the morning. If you find it difficult to swallow your medication, speak to your doctor or pharmacist.

How will I know if the tablets are working?

You may need to pass water more than usual for the first few hours after taking the tablets.

How long will I have to take the tablets for?

Probably for many years. Do not stop taking them unless your doctor tells you to do so.

What if I forget a dose?

Take it as soon as you remember. If it is late in the day, miss the dose and take the next dose when it is due. **DO NOT** double up the dose.

Are there any side effects?

Most medicines can cause side effects. Diuretics may cause dizziness, nausea or muscle cramps. If any effects become troublesome, contact your doctor.

Can I have other medicines?

There are some medicines that can interact with thiazide diuretics. These include other medicines used to lower blood pressure, medicines used to control heart rhythm and lithium. Always check with your doctor or pharmacist before taking any new medicines or herbal products.

Can I drink alcohol?

Alcohol intake should be kept to a minimum. If in doubt, you should ask your doctor.

How do I find out more?

The information in this leaflet is limited. If you would like more information, see the patient information leaflet provided with your medication. You can also ask your doctor or pharmacist for further information.

For further information phone:

01603 286 286 and ask for the '*Pharmacy Helpline*' between 9 a.m. and 5 p.m. Monday to Friday.

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