Aldosterone antagonists

Patient information

What are they for?
These medications have a mild diuretic effect (which means that they help you to get rid of excess fluid by passing more urine). They help to control the potassium levels in your blood and are often prescribed along with other diuretics ("water tablets") to help improve your symptoms.

The Aldosterone Antagonist you are taking is:
Spironolactone / Eplerenone

The dose you should take is:

How do I take them?
Take them once a day in the morning.

What are the main side effects?
• diarrhoea.
• tender and slightly enlarged breasts in men (feminisation)
• reduced kidney function.
Which side effects should I tell my doctor or nurse about?

- passing less water than usual
- tender and slightly enlarged breasts in men. If you get this side effect, report it to your doctor immediately
- diarrhoea. If you get diarrhoea please stop your Eplerenone / Spironolactone until this settles. Once settled, you can restart taking them at your usual dose.

What’s the down side?

In some people, these drugs can affect the kidney function. Spironolactone can cause some men to develop tender and slightly enlarged breasts, testicular shrinkage and impotence. Eplerenone is largely free of these feminising side effects.

If you have diarrhoea, vomiting or an illness that stops you eating or drinking normally please stop your Eplerenone/Spironolactone until this settles. Once settled, you can restart taking it at your usual dose.

What checks do I need?

You will need blood tests every one to four weeks to begin with, and then once every three to six months.

Heart Failure Team helpline: 01642 835865
Medicines helpline: 01642 854741

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