

Heart Failure: Aldosterone Receptor Antagonists

Aldosterone receptor antagonists are a type of medicine used to treat heart failure.

These medicines are a type of diuretic, or "water pill." They help your body get rid of extra fluid but hold on to potassium. Because of this, they may be called potassium-sparing diuretics.

Examples

- Eplerenone
- Spironolactone

How do they work?

Aldosterone receptor antagonists help your body get rid of extra water without losing potassium. Other types of diuretics cause you to lose potassium.

These medicines can reduce swelling and lower blood pressure. They also can keep heart failure from getting worse.

Why are they used?

Aldosterone receptor antagonists may be used if you have heart failure to help you feel better or stay out of the hospital. They can help some people live longer.

How well do they work?

These medicines may make it less likely that you will need to be in the hospital. They can help some people feel better and live longer.

Side effects

Ask your pharmacist about the side effects of each medicine you take. Side effects are also listed in the information that comes with your medicine.



Some of the side effects of these medicines include:

- Nausea and vomiting.
- Stomach cramps.
- Diarrhea.

Call your doctor if you think you are having a problem with your medicine.

Call 911 right away if you think you are having a serious reaction, such as trouble breathing.

What to think about

- Most people start these medicines at a very low dose and then increase them over time.
- You may need regular blood tests to check your potassium levels. This diuretic does not make your body lose potassium like some other diuretics do. So you do not

need to get extra potassium in your diet. Do not use salt substitutes that contain potassium.

- You may feel more tired or need to urinate more often when you start to take this medicine. These effects tend to occur less

after you have taken the medicine for a while. If the increase in urine gets in the way of your sleep or daily activities, ask your doctor to help you plan a schedule for taking the medicine.



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