

SPIRONOLACTONE TABLETS

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Please read this leaflet before you use your medicine. This leaflet provides some useful information for you on your medicine. If you have any questions, please contact us. No liability is accepted for misinterpretation of this information.

1. Before taking your tablets

Make sure the doctor knows:

- If you are taking any other medicines. This includes over the counter medicines from the pharmacy (chemist).
- If you are pregnant, plan to become pregnant or are breast-feeding, as this therapy is unsuitable.
- If you have difficulty passing water.
- If you have kidney or liver disease.
- If you have too much potassium in the blood (hyperkalaemia) or other disturbances of blood chemicals (including Addison's disease).

2. About your medicine

Each tablet contains the following ingredients:

Spironolactone, lactose, magnesium stearate, maize starch, peppermint flavour, polyvidone, propylene glycol, sodium starch glycollate, titanium dioxide (E171), iron oxide (E172), methylhydroxypropylcellulose (E464).

3. How your tablets work

- Spironolactone is a non-hormonal, oral therapy, which is effective in the treatment of female hair loss to the scalp (Burk, 1985).
- Patients also notice improvements in body and facial hair, acne and greasy skin (Shaw, 1991).

4. How to take your tablets

- You must take your tablets as the doctor/pharmacist has told you to. The label will tell you how many to take and how often to take them.
- Do not take more of this medicine as you will not achieve better results, do not take it more often, and do not take it for a longer time than the doctor has directed.

5. Precautions

- This therapy does not act as a contraceptive method, therefore adequate protection must be used.
- Keep your regular appointments with your/the doctor.
- Therapy should be stopped immediately, if you become immobilised or hospitalised.
- Do not let anyone else take your tablets even if their symptoms are the same as yours.

6. Side-effects

All medicines have some side-effects. Contact us if the following side-effects continue or are troublesome:

- Breast soreness, confusion, drowsiness, feeling or being sick, fever, headache, irregular periods, irregular or jerky movements, stomach upset, tiredness.

7. Storage

- Keep well out of reach of children.
- Store tablets at room temperature.

8. Licensing

- Although this medication is not licenced for the treatment of acne, hirsutism or hair loss in the UK, it is approved by the FDA and is the most prescribed medication for these symptoms in the United States.
- There are numerous published medications papers to prove its efficacy.

REFERENCE:

Spironolactone in dermatologic therapy.

J.C. Shaw (Dept. Dermat., Oregon Health & Sciences University).
Therapy. Vol. 24 N° 2, part 1, Feb 1991.

Oral spironolactone therapy for female patients with acne, hirsutism
or androgenic alopecia.

B.M. Burk Br. J. of Derm. 1985; **112** (1): 124-125.