ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Diuretics

Indications of Use:

- Reduces fluid buildup in the body.

Medication Examples:

- **Furosemide** (Lasix): Loop diuretic that helps reduce swelling and fluid overload.
- **Hydrochlorothiazide:** Thiazide diuretic used for hypertension and fluid retention.
- **Spironolactone:** Potassium-sparing diuretic used for heart failure and fluid retention.

Common Side Effects:

- Increased urination
- Dizziness
- Dehydration (less common)
- Electrolyte imbalances (less common)

Tips:

- **Administration:** Give with a full glass of water (if able), consider providing a small snack to avoid stomach upset.
- Consider taking medication in the morning to avoid frequent nighttime urination.
- Stand up slowly, diuretics may cause dizziness that can increase risk for falls.
- Monitor for signs of dehydration such as dry mouth or abnormal fatigue.
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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