



Pharmacology Made Easy Medication Information Table

Potassium-Sparing Diuretics – spironolactone

| Category | Information |
|------------------------|--|
| THERAPEUTIC USE | <ul style="list-style-type: none">• Hypertension• Edema caused by heart failure• Cirrhosis of the liver• Nephrotic syndrome• Hypokalemia |
| ADVERSE DRUG REACTIONS | <ul style="list-style-type: none">• Hyperkalemia• Menstrual irregularities, abnormal hair growth (e.g., on face), and deepening of voice may occur in clients who were assigned female at birth; gynecomastia (growth of breast tissue) and impotence may occur in clients who were assigned male at birth |
| INTERVENTIONS | <ul style="list-style-type: none">• Monitor serum potassium levels during treatment• If hyperkalemia occurs, monitor for cardiac dysrhythmias• Spironolactone may be combined with a thiazide or loop diuretic to maintain normal potassium levels• Monitor and report these endocrine effects |
| ADMINISTRATION | <ul style="list-style-type: none">• Available orally• Take with food to increase absorption• Tablets may be crushed and mixed with food or fluid if client is unable to swallow them whole |
| CLIENT INSTRUCTIONS | <ul style="list-style-type: none">• Report palpitations, irregular pulse, or other signs of hyperkalemia• Avoid potassium supplements, large amounts of high potassium foods, and salt substitutes• Report these endocrine manifestations to the provider |
| CONTRAINDICATIONS | <ul style="list-style-type: none">• Pregnancy risk – Teratogenic• Renal failure and severe renal insufficiency, or increase in renal impairment• Hyperkalemia |
| PRECAUTIONS | <ul style="list-style-type: none">• Hepatic disease• Diabetes mellitus• Older adults |
| INTERACTIONS | <ul style="list-style-type: none">• Counteracts adverse effect (hypokalemia) of loop and thiazide diuretics (may be the desired effect)• Angiotensin-converting (ACE) inhibitors, angiotensin II receptor blockers (ARBs), direct renin blockers, potassium supplements, salt substitutes increase risk of hyperkalemia• Increased risk of hypotension can occur with concurrent ingestion of alcohol, nitrates or other antihypertensives |

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