ABOUT BENDROFLUMETHIAZIDE

Bendroflumethiazide belongs to the group of medicines known as **thiazide diuretics**. Thiazide diuretics are often known as **water tablets**.

Bendroflumethiazide is used to treat **hypertension** (high blood pressure) and **oedema** (fluid retention), often caused by heart failure. It removes excess water from the body by increasing how often you urinate (pass water) and also widens the blood vessels which helps to reduce blood pressure.

BEFORE TAKING BENDROFLUMETHIAZIDE

Before taking bendroflumethiazide, make sure your doctor knows if you are taking any other medicines, including those available to buy without a prescription, herbal and complementary medicines.

HOW TO STORE BENDROFLUMETHIAZIDE

- Keep out of sight and reach of children.
- Store in a cool, dry place, away from direct light and heat.
- Never keep out of date or unwanted medicines. Take them to your local pharmacist who will dispose of them safely for you.

HOW TO TAKE BENDROFLUMETHIAZIDE

- Always read the manufacturer's information leaflet, if possible, before beginning treatment.
- Take this medicine exactly as directed by your doctor.
- This medicine will make you urinate (pass water) more often, so your doctor or pharmacist will usually advise you to take your dose in the morning so as not to disturb your sleep. If you take more than one dose per day, take the last dose before 6pm in the evening.
- If you miss a dose, take it as soon as you remember. However, if it is after 6pm in the evening skip the missed dose and continue taking it at the usual times. Never take two doses at the same time to make up.
- This medicine is for you. Never give it to others, even if their condition appears to be the same as yours.
- Never take more than the prescribed dose. If you suspect that you or someone else has taken an overdose of this medicine contact your doctor or go to the accident and emergency department of your local hospital **at once**. Always take the container with you, if possible, even if it is empty.

CAN BENDROFLUMETHIAZIDE CAUSE PROBLEMS?

Along with their useful effects all medicines can cause unwanted side effects. These usually improve as your body adjusts to the new medicine. Speak to your doctor or pharmacist if any of the following side effects continue or become troublesome.

Light-headedness, stomach pains, impotence, **gout** (pain and stiffness in the joints), dry mouth, muscle cramps, or skin rashes.

This medicine can occasionally cause you to lose too much potassium or sodium from the body, which are essential for good health. Severe sickness and diarrhoea may increase your chances of potassium or sodium loss. If you experience this contact your doctor or pharmacist as soon as possible.

Signs of excessive potassium loss are dryness of the mouth, increased thirst, irregular heartbeat, mood changes, muscle cramps or pain, feeling or being sick, unusual tiredness or weakness, a weak pulse or loss of appetite.

Signs of excessive sodium loss are confusion, **convulsions** (fits), difficulty concentrating, irritability, muscle cramps and unusual tiredness or weakness.
BENDROFLUMETHIAZIDE

GETTING MORE FROM YOUR TREATMENT

- Keep your regular appointments with your doctor so that your progress can be monitored.
- Avoid excessive consumption of alcohol. Too much alcohol can cause a big drop in blood pressure and may lead to fainting.
- Many patients with high blood pressure do not feel unwell, but left untreated high blood pressure can harm the heart and damage blood vessels resulting in a heart attack, stroke, heart failure or kidney failure.
- It is very important to take this medicine exactly as your doctor has directed and not to stop taking it without speaking to your doctor first, even if you feel quite well.
- It is important to follow any dietary advice that you have been given by your doctor. If you are overweight, your doctor may want you to follow a weight reducing diet.
- Diuretics help you to lose water. On occasions you may lose too much and become dehydrated, leaving you feeling thirsty and your skin looking and feeling dry.
- This medicine may cause a dry mouth. If you experience this try chewing sugar-free gum, sucking sugar-free sweets or pieces of ice. If a dry mouth becomes too troublesome, discuss the problem with your doctor or pharmacist.

GETTING MORE FROM YOUR TREATMENT CONT...

- This medicine may cause you to feel faint or dizzy when getting up from a lying or sitting position. Getting up slowly should help. If this becomes too troublesome ask your pharmacist or doctor for advice.
- Before having any kind of surgery, including dental and emergency treatment, tell the surgeon, dentist or doctor that you are taking this medicine.
- If you have diabetes this medicine may affect your blood sugar levels. Test your urine or blood if asked to do so by your doctor.
- This medicine may cause your skin to become more sensitive to sunlight than it is usually. Try to avoid bright sunlight and sunbeds or use a sun cream higher than factor 15 until you know how your skin reacts.

WASTED MEDICINES WASTE MONEY

PLEASE TAKE YOUR MEDICINES AS PRESCRIBED