

SPIRONOLACTONE

Potassium Sparing Diuretic

Indications

- Hyperaldosteronism
- Hypertension
- Conditions causing fluid overload: HF, CKD, Liver failure

Action

Inhibit aldosterone causing loss of sodium and water while retaining potassium.

Top Side Effects

- CV:** Hypotension, arrhythmias
- F&E:** Dehydration, hyperkalemia, hyponatremia
- Renal:** Acute Kidney Injury
- Endo:** Gynecomastia, increased breast growth in females, sexual dysfunction
- Neuro:** Dizziness

Nursing Implications

Monitor:

- BP, K+, BUN, CRE
- Urine output, weight
- Orthostatic hypotension
- Dizziness - Risk for fall

Contraindications

Hyperkalemia, hyponatremia, renal insufficiency, anuria, Addison's disease,

Patient Education

- May experience lightheadedness; get up slowly
- Avoid foods high in potassium unless recommended by the provider

Top Tested Tips

Do not administer it to patients with hyperkalemia or hyponatremia.
Do not administer for a client with low BP, or urine output less than 30ml/h