

Medicines for high blood pressure

Thiazide diuretics

My thiazide diuretic is called: _____

Thiazide diuretics:

- ▶ reduce the amount of water in your body
- ▶ lower blood pressure, to help keep you healthy from heart attacks, stroke and kidney trouble.

Can be used for:

- ▶ water build up in your body from your heart not pumping well (heart failure)
- ▶ kidney trouble.

Tell your doctor if you:



might be pregnant



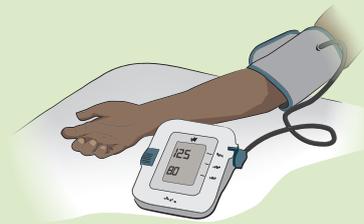
are pregnant



are breastfeeding

or have gout, as a thiazide diuretic may not suit you.

Staying healthy



Have regular check ups



Quit smoking,
cut back on alcohol and
other drugs



Be active



Eat healthy tucker

Some medicines do not go well with a thiazide diuretic

Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all the medicines** you are taking.

This includes medicines

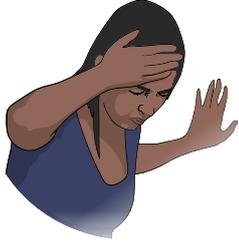
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



Side effects of thiazide diuretics

Thiazide diuretics can cause unwanted effects (side effects). Side effects do not happen to everyone and they often go away after a short time.

Mild and common side effects

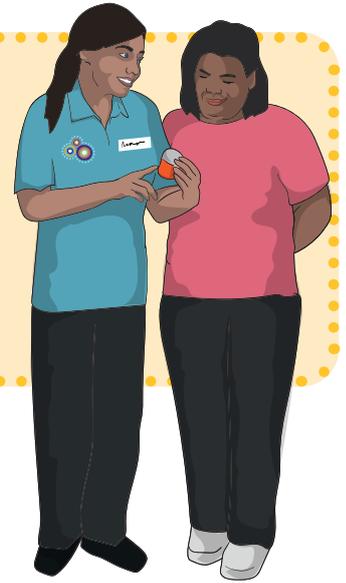


Dizziness



Muscle weakness or cramps

Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about any **side effects** you are having.



- ▶ If you feel dizzy, sit or lie down. Getting up more slowly from the bed or chair can help.
- ▶ Drinking grog can make dizziness worse.
- ▶ You will pass urine (wee) more often a few hours after taking a thiazide diuretic. Make sure there's a toilet nearby when you take the medicine.
- ▶ Take this medicine in the morning, soon after waking up.
- ▶ Your doctor may do some blood tests to make sure the medicine is working and not causing problems.

- ✓ **Take the medicine as the doctor has told you**
- ✓ **Set reminders for when to take the medicine**
- ✓ **Keep taking the medicine until the doctor says to stop**
- ✗ **Please don't share the medicine, it could be harmful to others**

Extra information for me

My next appointment:

nps.org.au

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