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.

**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

- 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.

Extra information for me

- 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

My next appointment: