

# 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



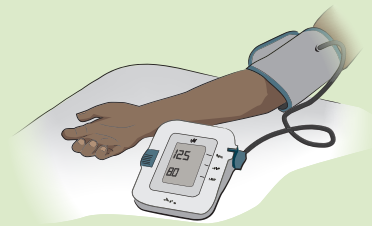
are pregnant



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

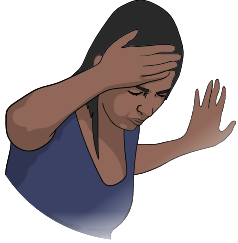
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



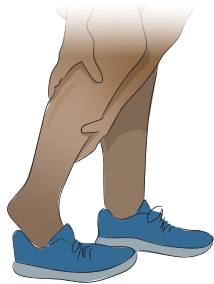
## Side effects of thiazide diuretics

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

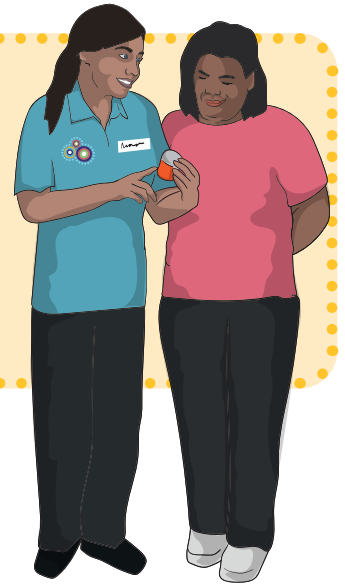


Dizziness



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

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### My next appointment:

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