

THIAZIDE DIURETICS

(eg: hydrochlorothiazide and indapamide)

Medicines for high blood pressure (hypertension)

My name:

My thiazide diuretic medicine is called:

Active ingredient

Thiazide diuretics:

- lower blood pressure

Women need to tell their doctor if they are:



planning
a baby



pregnant



breastfeeding

as thiazide diuretics may not be suitable

Some medicines should NOT be taken with a thiazide diuretic

Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all** the medicines you are taking, even if you buy the medicine at the supermarket or store.



Side-effects of thiazide diuretics

Thiazide diuretics can have unwanted effects, called side-effects. Side-effects do not happen to everyone and often go away after a short time.

Mild and common side-effects:



dizziness



**muscle weakness
or cramps**

- You will pass urine more often a few hours after taking a **thiazide diuretic**.
- Take this medicine in the morning, soon after waking up.

Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about side-effects.

Your clinic:



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