

## What is most important to remember?

- Hydrochlorothiazide is a “water pill” used to treat high blood pressures and remove extra fluid in the body
- Do not start any new medicines, over-the-counter drugs or herbal remedies without talking to your doctor
- It is important to continue taking this medicine even if you feel normal. Most people with high blood pressure do not feel sick.
- Contact your doctor immediately if you experience any itching or rash, or swelling of the face lips, tongue or throat, or if you experience very bad dizziness or passing out

### If you have questions:

Ask your doctor, nurse or pharmacist for more information about Hydrochlorothiazide.

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### Hydrochlorothiazide: Important Patient Information



MEDICINE of THE HIGHEST ORDER



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### What does Hydrochlorothiazide do?

- It is a “water pill” used to treat high blood pressure and remove extra fluid in the body

### How should Hydrochlorothiazide be used?

- Take this medicine as directed by your doctor
- It is taken one (1) time a day. Take this medicine at the same time every day
- Take with or without food
- It is best to take this medicine in the morning to avoid going to the bathroom during the night

### Are there any interactions with other drugs that I need to worry about?

- There are many drug interactions that may increase your risk of side effects
- Do not start new prescription, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

### What side effects could occur with Hydrochlorothiazide?

- Feeling dizzy
- Dry mouth, upset stomach, or throwing up
- Signs of low potassium such as: muscle pain or weakness; muscle cramps; or a heartbeat that does not feel normal

### What should I do if I miss a dose of Hydrochlorothiazide?

- Take your dose as soon as you remember
- If it is almost time for your next dose, skip the missed dose and go back to your normal dose time
- Do not take 2 doses at the same time or extra doses

### Who should know I am taking Hydrochlorothiazide?

- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

### What are some things that I need to be aware of when taking Hydrochlorothiazide?

- Before taking this medicine tell your doctor or pharmacist if you have a “sulfa” (sulfonamide) allergy, are allergic to hydrochlorothiazide, or if you are allergic to any other medicines, foods, or substances
- Before using this medicine tell your doctor or pharmacist your medical history, especially if you have diabetes, kidney disease, or liver disease
- Before taking this medicine tell your doctor if you are pregnant, plan to become pregnant, or are currently breastfeeding. You will need to talk about the benefits and risks of using this medicine
- Hydrochlorothiazide will make you pass urine more often. You should not take it after 6 PM to avoid waking up at night to use the bathroom
- Taking this medicine will require routine blood work. Talk with your doctor
- You should have your blood pressure checked often
- Avoid drinking alcohol (includes wine, beer, and liquor) when taking this medicine
- Stand up slowly when getting up to avoid getting dizzy or passing out
- You may get sunburned more easily. Avoid sun, sunlamps, and tanning beds. Use sunscreen and wear clothing and eyewear that protects you from the sun
- It is important to continue taking this medicine even if you feel normal. Most people with high blood pressure do not feel sick
- Store in a cool, dry place. Protect from light and do not store in the bathroom
- Keep out of the reach of children and pets

### If you have any of the following side effects, call your doctor or visit the emergency room immediately:

- Signs of low potassium
- Very bad dizziness or passing out
- Very upset stomach or throwing up
- Not able to pass urine
- Any sign of a severe allergic reaction including: rash; hives; red, swollen, blistered or peeling skin with or without fever; wheezing; tightness of chest or throat; trouble breathing or talking; swelling of face, lips, tongue, or throat