

Food - Drug Interactions

Does the food you eat affect the medicine you are taking?

Spiroinolactone (Aldactone®)

What is this medicine used for?

It is a diuretic that treats fluid retention and high blood pressure.



What foods should I watch out for if I take spiroinolactone?

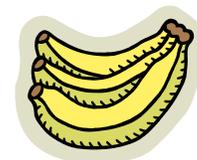


- ♦ **Avoid** alcohol
- ♦ **Avoid** potassium supplements (Unless prescribed by your provider), such as:

Potassium Citrate Potassium Bicarbonate
Potassium Chloride Potassium Phosphate

- ♦ **Limit** foods high in potassium (Unless your provider tells you otherwise.)

Bananas	Apricots	Dried Fruit
Cantaloupe	Honeydew	Orange Juice
Kiwi	Prune Juice	Strawberries
Oranges	Spinach	Tomatoes
Broccoli	Cauliflower	Carrots
Beans	Bran Cereal	Winter Squash



What could happen if I take spiroinolactone with alcohol, potassium supplements, or too many high potassium foods?

Nausea	Diarrhea
Stomach cramps	Muscle cramps
Muscle weakness	Irregular heartbeat