

BENDROFLUMETHIAZIDE (BENDROFLUAZIDE)

Brand name Aprinox

Used in the following combined preparation Prestim

GENERAL INFORMATION

Bendroflumethiazide belongs to the thiazide diuretic group of drugs, which increase the amount of salt and water the kidneys remove from the body. It is used predominantly for treating high blood pressure (see Antihypertensive drugs, p.60). The drug may also be used for reducing oedema (water retention) caused by heart, kidney, or liver conditions, and for treating

premenstrual oedema. As with all thiazides, this drug increases the loss of potassium in the urine, which can cause various symptoms (see p.57), and increases the likelihood of irregular heart rhythms, particularly if taken with digoxin for heart failure. Although this effect is rare with low doses, potassium supplements may be given with bendroflumethiazide as a precaution.

QUICK REFERENCE

Drug group Thiazide diuretic (p.57)

Overdose danger rating Low

Dependence rating Low

Prescription needed Yes

Available as generic Yes

INFORMATION FOR USERS

Your drug prescription is tailored for you. Do not alter dosage without checking with your doctor.

How taken/used



Tablets.

Frequency and timing of doses

Once daily, early in the day. (Sometimes 1–3 x per week.)

Adult dosage range

2.5–10g daily.

Onset of effect

Within 2 hours but takes weeks to produce maximum effect on blood pressure.

Duration of action

6–18 hours.

Diet advice

Use of this drug may reduce potassium in the

body, so you should eat plenty of fresh fruit and vegetables. Discuss with your doctor the advisability of reducing salt intake as a further precaution for hypertension.

Storage

Keep in original container at room temperature out of the reach of children.

Missed dose

No cause for concern, but take as soon as you remember. However, if it is late in the day do not take the missed dose, or you may need to get up during the night to pass urine. Take the next scheduled dose as usual.

Stopping the drug

Do not stop taking the drug without consulting your doctor; symptoms may recur.

Exceeding the dose

An occasional unintentional extra dose is unlikely to be a cause for concern. But if you notice any unusual symptoms, or if a large overdose has been taken, notify your doctor.

SPECIAL PRECAUTIONS

Be sure to tell your doctor if:

- You have long-term liver or kidney problems.
- You have or have had gout.
- You have diabetes.
- You have Addison's disease.
- You have hyperparathyroidism.
- You have lactose intolerance.
- You are taking other medicines.



Pregnancy

Not usually prescribed. Safety in pregnancy not established. Discuss with your doctor.



Breast-feeding

The drug passes into the breast milk but the amount absorbed by the baby is usually too small to be harmful. Discuss with your doctor.



Infants and children

Not usually prescribed. Reduced dose necessary.



Over 60

Reduced dose may be necessary.



Driving and hazardous work

No special problems.



Alcohol

No problems expected if consumption is kept low.

POSSIBLE ADVERSE EFFECTS

Adverse effects resulting from potassium loss can be corrected with potassium supplements. Bendroflumethiazide may

precipitate gout in susceptible people, and diabetes may become more difficult to control. Blood cholesterol level may rise slightly.

Symptom/effect	Frequency		Discuss with doctor		Stop taking drug now	Call doctor now
	Common	Rare	Only if severe	In all cases		
Dizziness		●	●			
Nausea/diarrhoea/constipation		●	●			
Lethargy/fatigue		●	●			
Leg cramps		●	●			
Erectile dysfunction		●	●			
Rash		●		●	●	

INTERACTIONS

Non-steroidal anti-inflammatory drugs (NSAIDs) may reduce diuretic and anti-hypertensive effect of bendroflumethiazide, and bendroflumethiazide may increase kidney toxicity of NSAIDs.

Digoxin The effects of digoxin may be increased if excessive potassium is lost.

Anti-arrhythmic drugs Low potassium levels may increase these drugs' toxicity.

Lithium Bendroflumethiazide may increase lithium levels in the blood.

Corticosteroids These drugs further increase potassium loss when they are taken with bendroflumethiazide. Potassium supplements may be necessary. Corticosteroids may also reduce the diuretic effect of bendroflumethiazide.

PROLONGED USE

Prolonged use of this drug can lead to excessive loss of potassium and imbalances of other salts.

Monitoring Blood tests may be performed periodically to check kidney function and levels of potassium and other salts.