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ESPAÑOL

Hydrochlorothiazide

(hye droe klor oh thye' a zide)

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Why is this medication prescribed?

Hydrochlorothiazide, a 'water pill,' is used to treat high blood pressure and fluid retention caused by various conditions, including heart disease. It causes the kidneys to get rid of unneeded water and salt from the body into the urine.

This medicine is sometimes prescribed for other uses; ask your doctor or pharmacist for more information.

How should this medicine be used?

Hydrochlorothiazide comes as a tablet and liquid to take by mouth. It usually is taken once or twice a day. If you are to take it once a day, take it in the morning; if you are to take it twice a day, take it in the morning and in the late afternoon to avoid going to the bathroom during the night. Take this medication with a meal or snack. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take hydrochlorothiazide exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Hydrochlorothiazide controls high blood pressure but does not cure it. Continue to take hydrochlorothiazide even if you feel well. Do not stop taking hydrochlorothiazide without talking to your doctor.

Other uses for this medicine [Return to top](#)

Hydrochlorothiazide may also be used to treat patients with diabetes insipidus and certain electrolyte disturbances and to prevent kidney stones in patients with high levels of calcium in their blood. Talk to your doctor about the possible risks of using this medicine for your condition.

What special precautions should I follow? [Return to top](#)

Before taking hydrochlorothiazide,

- tell your doctor and pharmacist if you are allergic to hydrochlorothiazide, sulfa drugs, or any other drugs.
- tell your doctor and pharmacist what prescription and nonprescription medications you are taking, especially other medicines for high blood pressure, anti-inflammatory medications such as ibuprofen (Motrin, Nuprin) or naproxen (Aleve), corticosteroids (e.g., prednisone), lithium (Eskalith, Lithobid), medications for diabetes, probenecid (Benemid), and vitamins. If you also are taking cholestyramine or colestipol, take it at least 1 hour after hydrochlorothiazide.
- tell your doctor if you have or have ever had diabetes, gout, or kidney, liver, thyroid, or parathyroid disease.
- tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking hydrochlorothiazide, call your doctor immediately.
- if you are having surgery, including dental surgery, tell the doctor or dentist that you are taking hydrochlorothiazide.

you should know that this drug may make you drowsy. Do not drive a car or operate machinery until you know how this drug affects you.

- remember that alcohol can add to the drowsiness caused by this drug.
- plan to avoid unnecessary or prolonged exposure to sunlight and to wear protective clothing, sunglasses, and sunscreen. Hydrochlorothiazide may make your skin sensitive to sunlight.

What special dietary instructions should I follow? [Return to top](#)

Follow your doctor's directions. They may include following a daily exercise program or a low-salt or low-sodium diet, potassium supplements, and increased amounts of potassium-rich foods (e.g., bananas, prunes, raisins, and orange juice) in your diet.

What should I do if I forget a dose? [Return to top](#)

Take the missed dose as soon as you remember it. However, if it is almost time for your next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

What side effects can this medication cause? [Return to top](#)

Frequent urination should go away after you take hydrochlorothiazide for a few weeks. Tell your doctor if any of these symptoms are severe or do not go away:

- muscle weakness
- dizziness
- cramps
- thirst
- stomach pain
- nausea
- vomiting
- diarrhea
- loss of appetite
- headache
- hair loss

If you experience any of the following symptoms, call your doctor immediately:

- sore throat with fever
- unusual bleeding or bruising
- severe skin rash with peeling skin
- difficulty breathing or swallowing

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online [at <http://www.fda.gov/Safety/MedWatch>] or by phone [1-800-332-1088].

What should I know about storage and disposal of this medication? [Return to top](#)

Keep this medicine in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from excess heat and moisture (not in the bathroom). Do not allow the liquid to freeze. Throw away any medicine that is outdated or no longer needed. Talk to your pharmacist about the proper disposal of your medicine.

In case of emergency/overdose [Return to top](#)

In case of overdose, call your local poison control center at 1-800-222-1222. If the victim has collapsed or is not breathing, call local emergency services at 911.

What other information should I know? [Return to top](#)

Keep all appointments with your doctor and the laboratory. Your blood pressure should be checked regularly, and blood tests should be done occasionally.

Do not let anyone else take your medicine. Ask your pharmacist any questions you have about refilling your prescription.

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

Brand names [Return to top](#)

- Esidrix[®][†]
- Hydrodiuril[®][†]
- Microzide[®]
- Oretic[®]
- Zide[®][†]

Brand names of combination products [Return to top](#)

- Amturnide[®] (containing Aliskiren, Amlodipine, Hydrochlorothiazide)
- Apresazide[®] (containing Hydralazine, Hydrochlorothiazide)
- Accuretic[®] (containing Quinapril, Hydrochlorothiazide)
- Benicar[®] HCT (containing Olmesartan, Hydrochlorothiazide)
- Diovan[®] HCT (containing Valsartan, Hydrochlorothiazide)
- Dutoprol[®] (containing Metoprolol, Hydrochlorothiazide)
- Exforge[®] HCT (containing Amlodipine, Hydrochlorothiazide, Valsartan)
- Hydrap-ES[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Hydro-Reserp[®] (containing Hydrochlorothiazide, Reserpine)
- Hydropres[®] (containing Hydrochlorothiazide, Reserpine)
- Hydroserp[®] (containing Hydrochlorothiazide, Reserpine)
- Hydroserpine[®] (containing Hydrochlorothiazide, Reserpine)
- Hydra-Zide[®] (containing Hydralazine, Hydrochlorothiazide)
- Inderide[®] (containing Hydrochlorothiazide, Propranolol)
- Inderide[®] LA (containing Hydrochlorothiazide, Propranolol)
- Lopressor[®] HCT (containing Metoprolol, Hydrochlorothiazide)
- Mallopress[®] (containing Hydrochlorothiazide, Reserpine)
- Marpres[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Monopril[®] HCT (containing Fosinopril, Hydrochlorothiazide)
- Normozide[®] (containing Labetalol, Hydrochlorothiazide)[†]
- Quinaretic[®] (containing Quinapril, Hydrochlorothiazide)
- Ser-Ap-Es[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Serathide[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Serpazide[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Serpex[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Tekturna[®] HCT (containing Aliskiren, Hydrochlorothiazide)
- Teveten[®] HCT (containing Eprosartan, Hydrochlorothiazide)
- Timolide[®] (containing Timolol, Hydrochlorothiazide)
- Trandate HCT[®] (containing Labetalol, Hydrochlorothiazide)[†]
- Tri-Hydroserpine[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Tribenzor[®] (containing Amlodipine, Hydrochlorothiazide, Olmesartan)
- Uni Serp[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Unipres[®] (containing Hydralazine, Hydrochlorothiazide, Reserpine)
- Uniretic[®] (containing Moexipril, Hydrochlorothiazide)
- Ziac[®] (containing Bisoprolol, Hydrochlorothiazide)

[†] This branded product is no longer on the market. Generic alternatives may be available.

Last Revised - 03/15/2013

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