



**John Dempsey Hospital  
The University of Connecticut Health Center  
Department of Nursing  
NICU/NBN/SCN**

**Generic Name: SPIRONOLACTONE (Speer-on-oh-lak-tone)  
Brand Name: ALDACTONE (Al-dak-tone)**

### **USE OF SPIRONOLACTONE:**

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Spironolactone is a diuretic. It is used to reduce the amount of water in the baby's body by increasing the production of urine. This helps to keep fluid from collecting in the lung tissue and helps to decrease the workload of the heart by decreasing the body fluid. It is used to treat babies with heart failure, high blood pressure (hypertension), and bronchopulmonary dysplasia (BPD).

### **CALL THE DOCTOR IF:**

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1. Your baby vomits two regularly scheduled doses in a row.
2. Your baby does not eat.
3. Your baby has diarrhea or vomiting.
4. Your baby's mouth is very dry or your baby's lips are cracked.
5. Your baby is unusually restless, sleepy or weak.
6. Your baby's eyes seem sunken or have blue circles around them.
7. Your baby has a decrease in the number of wet diapers in a day.
8. Your baby has a fever.
9. Your baby has trouble breathing.

### **SPECIAL INSTRUCTIONS:**

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1. Review the 2 sections titled "**Safety**" and "**How to Use the Medicine**" in your **General Instructions for Giving Your Baby's Oral Medicine** hand out.
2. Check the expiration date.
3. The doctor may order blood work during the first few months of use.
4. If ordered with another diuretic, it is important that both medicines be given at the same time.
5. Your baby will be more easily burned in the sun because Spironolactone causes your baby to be more sensitive to the sunlight. Take special care to protect your baby from direct sunlight.