Te Whatu Ora
Health New Zealand
Waitaha Canterbury

FLUDROCORTISONE

floo-dro-kor-ti-sone

What does it do?

Fludrocortisone is a steroid medicine used to replace your body's own steroids if you cannot make enough. It is also used to treat low blood pressure.

Before you start

- Tell your doctor if you have kidney problems, heart failure, high blood pressure, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *fludrocortisone* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *fludrocortisone* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Muscle weakness Swollen feet or legs, short of breath	Tell your doctor
Headache Weight gain	Tell your doctor if troublesome
Stomach upset	Take with food and tell your doctor if symptoms continue

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop taking *fludrocortisone* without talking to your doctor first.