

# Metolazone

## Information for patients

You are being treated with metolazone, a thiazide diuretic (water tablet). Metolazone is used to reduce blood pressure and helps to get rid of the extra fluid that builds up in your body when you have heart or kidney problems.

### Checking your medicine

You may know metolazone by the name Xaqua® or by another brand name. Unless your doctor tells you otherwise, it is important to always stay on the same brand of metolazone.

The amount of active ingredient (metolazone) that reaches your system and has an effect may vary with different brands of metolazone, even if you are taking the same dose. Because of this, each time you collect your metolazone, check that it looks the same as usual. The brand name on the packaging should match the brand name that was on your prescription. If it does not, or you are not sure, ask your pharmacist to check for you.

### Dosing information

When you start metolazone, you will start on a low dose. Your dose will be adjusted by your doctor until you are on the amount that works for you. Finding the right dose may mean that you need to take half a tablet, or take the dose on alternate days. Your doctor or pharmacist will tell you how much metolazone to take.

Always read the label on your medicine carefully to make sure you take the right dose. This is especially important if you need to break or cut your tablets.

### How to take metolazone

Most people take metolazone once a day, when they wake up in the morning.

Choose a time to take the metolazone, and whether you are going to take it before or after food. Try to stick to these timings. Swallow the tablets with a glass of water.

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for the next dose, miss out the forgotten one then carry on as normal. Do not take 2 doses at the same time.

## When to ask for advice

The side effects of metolazone are listed in the patient information leaflet that comes with your tablets. Tell the team caring for you if you have any side effects that are not getting better, or are getting worse, or if you:

- are peeing less or vomiting
- have a dry mouth, muscle pains or cramps, muscle fatigue, chills, blurred vision, or a racing heart
- feel faint, dizzy or light-headed, breathless, thirsty, restless, weak, drowsy, lethargic, or sick
- notice that your blood pressure is low, if you use your own blood pressure monitor at home
- gain weight or have worsening swelling of your feet, ankles, legs, hands or arms

Your metolazone dose may need to be adjusted. Do not stop treatment without talking to your doctor about your symptoms.

Feeling dizzy when you stand up (orthostatic hypotension) is a common side effect of metolazone. For every 100 people who take metolazone, between 2 and 9 are likely to get orthostatic hypotension. Standing up more slowly may help.

If taking metolazone makes you feel dizzy or tired, do not drive or use tools or machinery.

Metolazone treatment can lead to vision problems. This is rare and usually happens within a few hours or weeks of starting metolazone. If you notice any changes to your vision, including blurry vision or pain in your eyes, stop taking metolazone and speak to your doctor straightaway.

As with all medicines, if you experience any side effects from your treatment, you should report it to your doctor, nurse or pharmacist. You can also use the Yellow Card app (download from [Google Play](#) or [Apple App Store](#)) or [site](#) to report side effects.

## Further advice

Always read the patient information leaflet that comes with your medicine.

The **NHS site** and **Patient UK** have further information on heart failure, kidney disease and thiazide diuretics.

**NHS site:** <https://www.nhs.uk/conditions/heart-failure/>

and <https://www.nhs.uk/conditions/kidney-disease/>

**Patient UK:** <https://patient.info/medicine/metolazone-a-diuretic-xaqua>

If you have further queries about metolazone, please discuss these with a member of your clinical team or pharmacist who can advise you on your treatment.

This leaflet is based on previous work by the Specialist Pharmacy Service (SPS) [Mae'r daflen hon hefyd ar gael yn Gymraeg](#). This leaflet is also available in Welsh.