

Side effects

Loop diuretics act on the Loop of Henle in the kidney and prevent reabsorption of water and salt. A potential side effect of this activity is that they may cause electrolyte imbalances. Other side effects include gout, which results from raised uric acid levels (hyperuricaemia) (Table 2, Fig. 1).

Table 2. Diuretics (oral): dosages and side effects

Diuretics	Initial dose (mg)		Maximum recommended daily dose (mg)		Major side effects
Loop diuretics					
Furosemide	20–40		250–500		Hypokalaemia, hypomagnesaemia, hyponatraemia
Bumetanide	0.5–1.0		5–10		Hyperuricaemia, glucose intolerance
Torsemide	5–10		100–200		Acid–base disturbance
Thiazides					
Bendroflumethiazide	2.5		10		Hypokalaemia, hypomagnesaemia, hyponatraemia
Hydrochlorothiazide	25		50–75		Hypokalaemia, hypomagnesaemia, hyponatraemia
Metolazone	2.5		10		Hyperuricaemia, glucose intolerance
Indapamide	2.5		5		Acid–base disturbance
Potassium-sparing diuretics	+ACEI	–ACEI	+ACEI	–ACEI	
Amiloride	2.5	5	20	40	Hyperkalaemia, rash
Triamterene	25	50	100	200	Hyperkalaemia
Spirolactone	12.5–25	50	50	100–200	Hyperkalaemia, gynaecomastia, breast pain