

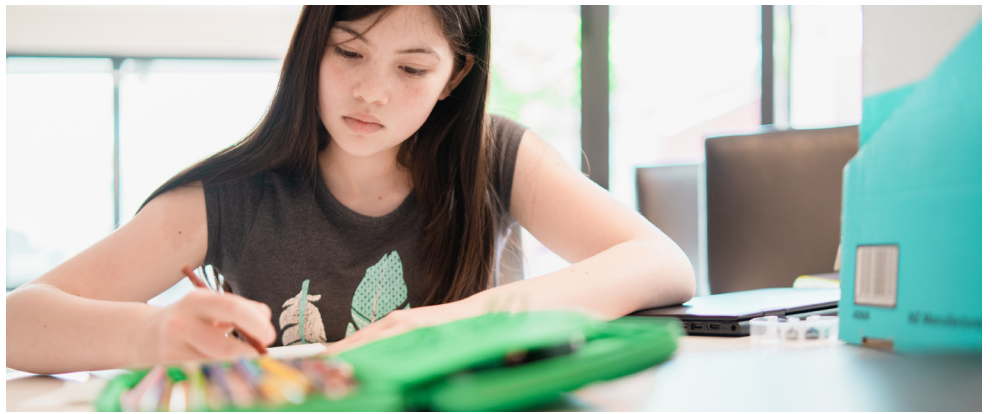


What else to know when using spironolactone:

- Spironolactone is a diuretic, meaning it may make you urinate more often.
- Let your doctor know if you have kidney problems or are using other medicines for high blood pressure before starting spironolactone.
- You don't need to check for high potassium levels before or while using spironolactone.
- Due to its effects on androgen levels, don't use it if you are pregnant or planning to become pregnant soon. If you are sexually active, it is OK to use spironolactone if you are also using an effective form of birth control.
- It is safe to use spironolactone with other hormonal medicines, including all types of birth control pills.



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PEDIATRIC AND ADOLESCENT GYNECOLOGY

Spironolactone for PCOS Symptoms

Spironolactone is a medicine that can help lower the levels of androgens (sex hormones) in the skin.

It is used to help with:

- Acne
- Extra hair on the face and body (hirsutism)
- Balding of the hair in the temples (androgenic alopecia)
- Hidradenitis, a condition that causes small, painful lumps to form under the skin

How long does it take to work?

It can take 6 months to see positive results. It may help with acne after 3 months.

How do I take it?

- You can take spironolactone at any time of day.
- Spironolactone is safe to combine with most other medicines but be sure to tell your doctor about all other medicines you take before starting it.
- Your doctor will talk to you about your dose of medication. Common doses are 50–100 mg, 1 to 2 times per day.

What are the side effects?

- Most people have no side effects.
- Some people will feel dizzy or lightheaded when using spironolactone. This is because it can cause a slight decrease in blood pressure. If you have side effects when using spironolactone, please call your doctor. It's possible that the side effects will get better over time, or you can try a different dose of the medication.

Learn more



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