

Spironolactone

Paulger & Wisniewski Dermatology, LLP

For questions or an appointment, call (806)797-1202

Spironolactone is in a group of drugs classified as anti-androgens. Androgen hormones, like testosterone, are typically thought of as male hormones. But androgens are also present in the female body, although in lower levels.

Some women produce more androgen hormones than needed. Anti-androgens, like spironolactone, block androgen receptors in the body, preventing cells from absorbing androgen hormones. Simply, spironolactone limits hormonal fluctuations that can contribute to acne breakouts. Hormones, specifically androgens, have been linked to the development of acne.

When using spironolactone as an acne treatment, the most common dosage is between 50 to 100 mg daily. Dr. Paulger/Dr. Wisniewski will determine the most appropriate dosage for you, depending on your personal situation.

If your breakouts only tend to occur around the time of your monthly cycle, your dermatologist may have you use spironolactone for the week just prior to your period

How to Take: Take your pill with a meal and a full glass of water in case it upsets your stomach. Spironolactone acts as a diuretic, so drink plenty of water throughout the day. It could take up to several weeks before you notice an improvement in your skin, so please be patient.

Adverse reactions: Any medication can cause any type of side effect – so call if you experience any unusual symptoms. **Stop the medication and notify the Doctor** if you have any of the following:

- irregular menstrual cycle
- breast tenderness
- thirst, dry mouth
- stomach cramps, vomiting, and/or diarrhea
- headache
- dizziness
- low blood pressure

Special issues:

*You should **not take Spironolactone if you are pregnant, nursing** or have a history of allergy to Aldactone.

*If you have kidney problems, or a history (or family history) of breast cancer, uterine cancer, or ovarian cancer, please let us know.

NOTE: This is not a comprehensive information sheet. If you desire complete drug information, contact the pharmacist or refer to the "package insert".