

Spironolactone

Therapeutic Cheat Sheet

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TRADE NAMES

- > Aldactone
- > CaroSpir

MECHANISM OF ACTION

Aldosterone antagonist that competitively binds to androgen receptors and prevents biosynthesis of androgens

OFF-LABEL USES

- > Hormonal acne
- > Hirsutism
- > Androgenetic alopecia
- > Hidradenitis suppurativa

FDA APPROVED FOR

- > Hypertension
- > Fluid retention resulting from cirrhosis or congestive heart failure
- > Hypokalemia
- > Primary hyperaldosteronism

DOSING

- > 50mg-200mg total dosed QD or BID
- > Increase in stepwise fashion depending on tolerance

SIDE EFFECTS

- > Breast tenderness or enlargement
- > Menstrual irregularities
- > Hypotension
- > Hyperkalemia
- > Agranulocytosis

CONTRAINDICATIONS

- > Renal insufficiency or anuria
- > Addison's disease
- > Pregnancy
- > Personal or family history of breast, ovarian, or uterine cancer

PREGNANCY

- > Previously Category C
- > Due to inhibition of testosterone production, it is postulated that spironolactone can result in feminization of male fetuses.

MONITORING

- > Serum potassium monitoring remains highly debated
- > Hyperkalemia occurs less frequently than initially believed¹
- > Healthy women < 45 years old: routine potassium monitoring may not be warranted
- > All women > 45 years old: routine potassium monitoring should be performed periodically
- > Special attention should be given to those with cardiac and liver disease and those taking certain medications that predispose to hyperkalemia

Overall, further research is necessary to determine monitoring guidelines for patients taking spironolactone, particularly for those over the age of 45.