

Side Effects

Hyperkalemia

Hiker-banana

Spironolactone promotes the reabsorption of potassium and, therefore, can result in the patient becoming hyperkalemic.

Endocrine Effects

Endocrine-glands

The molecular structure of spironolactone is such that it can block multiple types of steroid receptors. Other than blocking mineralocorticoid receptors, spironolactone can also block androgen receptors, leading to anti-androgenic activity. In men, this can cause gynecomastia, erectile dysfunction, and decreased libido. In women, it can cause irregular menses. These anti-androgen effects are actually desired when spironolactone is used to treat conditions such as hirsutism or acne vulgaris.

Consideration

Avoid Potassium Supplements

Avoid Banana Pills

Spironolactone increases potassium reabsorption. This can lead to hyperkalemia if not monitored closely. That is why a patient on spironolactone should not be given additional potassium supplements.