

Medication: Fludrocortisone 0.1 mg

What is Fludrocortisone?

Fludrocortisone is a type of medication known as a mineralocorticoid. It increases salt and water retention in the body and ensures that the blood vessels are filled better, and that the heart receives an adequate amount of blood even during the upright position. It can be used in the treatment of Postural Orthostatic Tachycardia Syndrome (POTS) or Neurally Mediated Hypotension (NMH) and should be taken in addition to salt therapy.

Expected Benefit:

- Usually takes a week to notice a benefit

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Swelling of the ankles
- Drop in your Potassium level
- Headaches
- Acne
- Muscle weakness
- High blood pressure

Monitoring:

- You will need blood tests to monitor your potassium and kidney function

Stopping the medication:

Do **NOT** stop taking this medication suddenly without asking your doctor – this medication is usually decreased slowly to help prevent your symptoms from returning.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 0.05 mg daily (i.e., ½ tablet)
- **Speak to your doctor before increasing the dose**
- Usual Dose: 0.1–0.2 mg orally once daily

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

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- Take 2 hours after antacids
- May enhance the toxic effects of NSAIDS (e.g., ASA, ibuprofen, naproxen)
- Avoid Echinacea

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.