

METOLAZONE – (XAQUA®)

INFORMATION FOR PATIENTS

You are being treated with metolazone, a thiazide diuretic (water tablet). Metolazone is used to reduce blood pressure and helps to get rid of the extra fluid that builds up in your body when you have heart or kidney problems.

In recent years Metolazone has only been available in the UK as an unlicensed imported product. However, now a product with the brand name Xaqua® is licensed and available in the UK. As Xaqua® has a UK licence it should be prescribed instead of the imported products unless it is unsuitable. Most people will be able to switch to Xaqua®.

How this change will affect you

From now on, the brand of metolazone that you are taking will be written on your prescriptions.

- If this is your first time taking metolazone tablets you should be prescribed the Xaqua® brand.
- If you have been taking another brand of metolazone, your specialist team caring for you will decide if it is appropriate for you to switch to the Xaqua® brand.
- If you **switch**, they will monitor the effect that Xaqua® brand has on you and adjust the dose if needed. You may need extra blood tests and checks of your blood pressure and weight when you are switched to Xaqua®
- If your specialist team decide to **not switch** to Xaqua®, they will continue to prescribe your Metolazone, not your GP.
- **Unless your specialist tells you otherwise, it is important to always stay on the same brand of metolazone.**

Differences between Metolazone brands

The amount of active ingredient (metolazone) that reaches your system to have an effect in the body may vary with different brands of metolazone.

The Xaqua brand is stronger than the metolazone you may have been given in the past, even if you are taking the same dose.

That is why the switch requires dose adjustment and monitoring by your specialist team.

Different brands of metolazone may have different non-active ingredients. Xaqua® contains a small amount of lactose. Please let the team caring for you or your pharmacist know if this is a problem for you.

Xaqua® only comes as 5mg tablets. These can be broken in half along the scored line.

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Dosing information

Finding the right dose of metolazone for you is important.

If you are starting metolazone, you will start on a low dose of the Xaqua® brand and your dose will be adjusted by your doctor until you are on the dose that works for you. Finding the right dose may mean that you need to take half a tablet or take the dose on alternate days. Your doctor or pharmacist will tell you what the right dose for you is.

If you are switching to Xaqua® from an imported metolazone brand, you may be started on a lower dose of Xaqua® and your dose will be adjusted by your doctor until you are on the right dose for you. This is because equivalent doses of Xaqua® and other metolazone brands might not have the same effect on you.

Checking your medicines

It is important to check that you have been given the correct brand of metolazone because the same dose of different brands of metolazone can affect you differently.

Each time you receive your metolazone, check that the brand name on the packaging matches the brand name that was on your prescription. If the brand is not the one you were expecting to be given or if you are not sure, ask your pharmacist or the person who prescribes metolazone for you. It is important that you do not use different brands of metolazone at the same time.

Always read the label on your medicines carefully to make sure you take the right dose for you. This is especially important if you need to break or cut your tablets to get the right dose.

When to ask for advice

Tell the team caring for you if your symptoms are not getting better, or if you:

- are peeing less or vomiting
- have a dry mouth, muscle pains or cramps, muscle fatigue, chills, blurred vision, or a racing heart
- feel faint, dizzy or light-headed, breathless, thirsty, restless, weak, drowsy, lethargic, or sick.
- notice that your blood pressure is low if you use your own blood pressure monitor at home.
- gain weight or have worsening swelling of your feet, ankles, legs, hands or arms.
- have any other symptoms that you are concerned about.

Your metolazone dose may need to be adjusted. Do not stop treatment without discussing with your doctor first.

As with all medicines, if you experience any side effects from your treatment, you should report it to your doctor, nurse or pharmacist. You can also use the Yellow Card app (download from [Google Play](#) or [Apple App Store](#)) or [site](#) to report side effects.

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Further advice

Always read the patient information leaflet that comes with your medicine.

If you have further queries about metolazone, please discuss these with a member of your specialist team, GP or pharmacist who can advise you on your treatment.

Useful links

The NHS site and Patient UK have further information on heart failure, kidney disease and thiazide diuretics.

NHS site:

[Heart failure - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Chronic kidney disease - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient UK:

[Thiazide Diuretics: Uses and Side-Effects \(patient.info\)](https://patient.info)

References

Adapted for use in Kent and Medway ICB from: Welsh Medicines Advice Service WMAS | NHS Wales | [Patient information leaflet on Metolazone](#)

Specialist Pharmacy Service (SPS) | [Metolazone preparation differences and safety considerations](#)