

Fludrocortisone

Information for patients and families

St. Michael's

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Your doctor has prescribed fludrocortisone to treat adrenal insufficiency. Use it along with hydrocortisone to treat this condition.

Why is fludrocortisone prescribed for me?

Your adrenal glands do not make enough of a hormone called aldosterone. Aldosterone controls the salt, water and blood pressure in your body. If you do not have enough aldosterone you will have low blood pressure. This can make you feel lightheaded or dizzy and can make you more likely to faint. Low aldosterone can also raise your potassium level, which causes an irregular heart rhythm.

Fludrocortisone replaces the aldosterone your adrenal glands are not making.

Your dose of fludrocortisone (Florinef®) is:
_____ mg once a day

Keep these tablets in the refrigerator. Make sure the temperature in the refrigerator is between 2 and 8 degrees Celsius.

What side effects may happen and what should I do?

Most people do not have side effects from fludrocortisone.

Some people get swelling, high blood pressure and low blood potassium levels. If this happens, talk to your doctor. They may need to change your dose.

Never stop taking this medicine or change the dose by yourself. If you have concerns with your medicine, talk to your doctor.

Do I need a higher dose when I am under stress?

No. During times of stress, you only need to adjust hydrocortisone. Follow your doctor's advice about that medicine. Do not change the fludrocortisone dose.

The only time you might need to take more fludrocortisone is if your body is losing salt. This could happen if you were sweating a lot. In that case, you may need to double your dose of fludrocortisone. Before you make that change, check with your doctor.

What about pregnancy?

Speak to your doctor if you are pregnant or are planning to get pregnant. It is safe to take fludrocortisone during pregnancy. Your doctor may need to adjust your dose as your pregnancy progresses.

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre, or find us online at www.stmichaelshospital.com/learn

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