		Type: Drug Guideline	Document reference: 2965	Manual Classification: Waikato DHB Drug Guidelines
Title: Spironolactone for Neonates			Effective date: 21 October 2020	
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			Document expiry date: 21 October 2023	

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BRIEF ADMINISTRATION GUIDE

For detailed information refer to the [Australasian Neonatal Medicines Formulary spironolactone guideline](#)



Critical Note: there are minor variations between the ANMF and Waikato DHB best practice within this drug guideline – see **yellow shaded text**

Indications: Treatment of fluid overload states associated with hyperaldosteronism, including congestive heart failure, ascites, nephrotic syndrome, and bronchopulmonary dysplasia (BPD)

Route: Oral

- Supplied as spironolactone 5 mg/mL oral liquid, 25 mL bottle (Unregistered medicine, available under Section 29. Names of the patient and prescriber must be sent to Pharmacy when ordering)

Dose: 1 to 3 mg/kg/day in divided doses every 12 to 24 hours

Doses **up to 7 mg/kg/day** may be required in resistant ascites

May be used in combination with other diuretics such as furosemide or chlorothiazide

Preparation and administration

- Shake bottle then draw up prescribed dose in an oral syringe
- Administer orally with feeds to minimise gastrointestinal irritation

Monitoring

- Monitor blood pressure daily and fluid balance for 4 days when starting or changing dose
- Monitor renal function at baseline and periodically during therapy
- Monitor serum potassium, sodium, and calcium at baseline and periodically during therapy

Storage and Stability


- Spironolactone oral liquid (unopened) is stored at room temperature, at or below 25 °C
- Once opened, it should be refrigerated between 2 – 8 °C and discarded after 7 days

Competency for administration

This procedure is carried out by, or under, the direct supervision of a registered nurse/registered midwife who holds current Waikato DHB Generic Medicine Management

References

- Australian Neonatal Medicines Formulary. Spironolactone Drug Guideline. 2016. Available from: <https://www.slhd.nsw.gov.au/rpa/neonatal/NeoMedPaperCopy.html>

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