



Furosemide to improve heart function

This leaflet is for parents and carers about how to use this medicine in children. Our information sometimes differs from that provided by the manufacturers, because their information is usually aimed at adults. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Name of medicine

Furosemide

Common brand name: Frusol oral solution

Furosemide tablets and liquid medicine are made by several manufacturers and are labelled as furosemide.

Why is it important for my child to take this medicine?

Furosemide is one of a group of medicines called diuretics (sometimes called water tablets). Furosemide helps your child's kidneys to make more urine (wee) and lose extra fluid from the body. This reduces blood pressure so that the heart doesn't have to work as hard.

What is furosemide available as?

- **Tablets:** 20 mg, 40 mg
- **Liquid medicine:** 20 in 5 mL, 40 mg in 5 mL or 50 mg in 5 mL; some preparations may contain alcohol

Check the strength of liquid medicine you are given and how much to give your child, as hospitals and pharmacies may provide different strengths of medicine.

When should I give furosemide?

Furosemide can be given **once, twice, three or four times** each day. Your health professional will tell you how often to give it.

For older children who need to take several doses of furosemide each day, give the last dose early in the evening, which should reduce the need to go to the toilet during the night.

- **Once a day:** This is usually in the morning.
- **Twice a day:** Give one dose in the morning and one in the evening. Ideally these times are 10–12 hours apart. For example, this could be between 7 am and 8 am and between 7 pm and 8 pm.
- **Three times a day:** These times should be 4–6 hours apart, depending on what time your child wakes up and goes to bed. For example, this could be between 7 and 8 am, at about 2 pm, and between 7 and 8 pm.
- **Four times a day:** These times should be 3–4 hours apart, depending on what time your child wakes up and goes to bed. For example, this could be between 7 and 8 am, between 11 am and midday, between 3 and 4 pm and between 7 and 8 pm.

Give the medicine at about the same time(s) each day so that this becomes part of your child's daily routine.

How much should I give?

Your health professional will work out the amount of medicine (the dose) that is right for your child. The dose will be shown on the medicine label.



It is important that you follow your health professional's instructions about how much to give.

How should I give it?



Tablets should be swallowed with a glass of water, juice or squash. Your child should not chew the tablets.

You can crush the tablet and mix it with a small amount of soft food such as yogurt, honey, or mashed potato. Make sure your child swallows it straight away, without chewing.



Liquid medicine: Shake the medicine well. Measure out the right amount using an oral syringe or a medicine spoon. You can get these from your pharmacist. Do not use a kitchen teaspoon as it will not give the right amount.

When should the medicine start to work?

Your child's heart function will start to improve after a few days, although you may not see any obvious differences in your child. It is important that you continue to give the medicine as you have been told to.

What if my child is sick (vomits)?

- If your child is sick less than 30 minutes after having a dose of furosemide, give them the same dose again.
- If your child is sick more than 30 minutes after having a dose of furosemide, you do not need to give them another dose. Wait until the next normal dose.
- If your child is sick again, seek advice from your health professional. They will decide what to do based on your child's condition and the medicine involved.

What if I forget to give it?

- **If you usually give it once or twice a day:** If you remember up to 2 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7 am, you can give the missed dose at any time up to 9 am. If you remember after that time, do not give the missed dose. Give the next dose as usual.
- **If you usually give it three or four times a day:** You do not need to give the missed dose. Give the next dose as normal.



Never give a double dose of furosemide.

What if I think I have given too much?

If you are concerned that you may have given too much furosemide, contact your health professional or NHS services (details at the end of leaflet). Have the medicine or packaging with you if you telephone for advice.

Are there any possible side-effects?

We use medicines to make our children better, but sometimes they cause effects that we don't want (side-effects).

Side-effects you must do something about



If your child has any of the following symptoms, contact your health professional straight away:

- stomach pain, severe diarrhoea or severe vomiting
- skin rash or sensitivity to sunlight
- tinnitus (ringing in the ears) or loss of hearing
- they seem confused
- changes in heart rate
- pains or spasms in the muscles
- numbness or tingling in limbs, fingers or toes.

Other side-effects you need to know about

Your child may feel sick (nausea) or get constipation (difficulty doing a poo) or diarrhoea.

Your child may sometimes get side-effects that are not listed above. If you notice anything unusual and are concerned, contact your health professional. You can report any suspected side-effects to the UK safety scheme, [MHRA Yellow Card](#), and read more about side-effects in the [Medicines for Children leaflet](#).

Can other medicines be given at the same time as furosemide?

- You can give your child medicines that contain paracetamol unless your health professional has told you not to.
- You should not give your child ibuprofen unless a healthcare professional has told you to.
- Furosemide should not be taken with some medicines that you get on prescription. Tell your health professional and pharmacist about any other medicines your child is taking before giving furosemide.
- Check with your health professional or pharmacist before giving any other medicines to your child. This includes herbal or complementary medicines.

Is there anything else I need to know about this medicine?

- You may need to explain to your child's teacher that they may need access to a toilet more frequently.

- Check the strength of any liquid medicine you receive and how much to give your child, as hospitals and pharmacies may provide different strengths. You can ask your pharmacy to provide the same strength as the hospital.
- Furosemide liquid medicine may have an expiry ("use by" date) of 60 days or fewer once the bottle has been opened. Make a note of the date you open it on the label. Order a new prescription at least 2 weeks before the medicine will run out or reach the expiry date.
- You may need to explain to your child's teacher that they may need access to a toilet more frequently.

General advice about medicines

- Try to give medicines at about the same times each day, to help you remember.
- If you are not sure a medicine is working, contact your health professional but continue to give the medicine as usual. Do not give extra doses, as you may do harm.
- Only give this medicine to your child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.
- Make sure that the medicine you have at home has not reached the 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge.
- Keep the medicine in the container it came in.
- Make sure that children cannot see or reach the medicine.

Who to contact for more information

Your healthcare team will be able to give you more information about furosemide and about other medicines used to treat heart conditions. You can also get useful information from:

England: NHS 111 Tel 111 [nhs.uk](https://www.nhs.uk)

Scotland: NHS 24 Tel 111 [nhs24.scot](https://www.nhs24.scot)

Wales: NHS 111 Tel 111 [111.wales.nhs.uk](https://www.111.wales.nhs.uk)

Northern Ireland: NI Direct [nidirect.gov.uk](https://www.nidirect.gov.uk)

Tiny Tickers: 0300 102 1508 [tinytickers.org](https://www.tinytickers.org)

British Heart Foundation: 0300 330 3311 [bhf.org.uk](https://www.bhf.org.uk)

Children's Heart Federation:

0300 561 0065 [chfed.org.uk](https://www.chfed.org.uk)

www.medicinesforchildren.org.uk