FAIRVIEW PHARMACY — EST. 1978

Taking HCTZ safely

hydrochlorothiazide · water pill for blood pressure and fluid

3 MISTAKES TO AVOID

1. **Ignoring eye pain or vision change**
   Rarely, eye pressure rises fast. It can cause permanent vision loss.
2. **Not mentioning sulfa or all medicines**
   Lithium, NSAIDs, cholestyramine and colestipol all matter.
3. **Skipping sun protection**
   HCTZ is linked to non-melanoma skin cancer. Get regular skin checks.

How to take it

- **Exactly as prescribed,** even when you feel fine. Some fluid plans use set days each week.
- Alcohol or sedatives can make you dizzy when you stand up.

Tell your pharmacist

- Allergy to sulfa medicines: you may be allergic to HCTZ too
- **Lithium:** generally not given with it. **NSAIDs** can weaken it.
- **Cholestyramine or colestipol:** they lower how much HCTZ you absorb. Take them apart.
- Steroid medicines, diabetes, gout, kidney or liver disease

Protect your skin

- Use sun protection and get regular skin cancer checks. Report any new or changing spot.

IMPORTANT

Sudden eye pain or blurry vision, within hours to weeks of starting: call your doctor or get urgent care right away. Higher risk with a sulfa or penicillin allergy.

Call your doctor if you notice

- Unusual thirst, dry mouth, weakness, muscle cramps or confusion
- Much less urine
- Dizziness or fainting

Good to know

HCTZ can raise blood sugar and uric acid. Do not take it if you cannot make urine. Pregnant or breastfeeding? Tell your care team; it passes into breast milk.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for hydrochlorothiazide tablets USP (rev. 7/2024).

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