

Heart Function Medications

MRA's (Mineralocorticoid Receptor Antagonists)



- ☐ Aldactone (spironolactone) is usually taken 1 or 2 times a day
- ☐ Eplerenone (Inspra; MINT-Eplerenone) is usually taken 1 time a day

What does an MRA do?

MRA's block the effects of a hormone produced naturally by your adrenal glands. This can cause your heart function to get worse. MRA's affect the balance of water and salts going into your urine (pee) and are *weak diuretics*. They help prevent and slow the progression of fibrosis (stiffening of the heart).

What are the most common side effects?

- Feeling confused, weak, lightheaded, or dizzy
- Feeling like passing out
- Numbness or tingling
- Shortness of breath
- Diarrhea
- Gynecomastia, or swelling of breast tissue (*sometimes seen with spironolactone*)
- Chest pain, chest pressure, or a fast heartbeat
- Swelling in the arms or legs

If you are worried about any symptoms after starting this new medication (even if they are not listed here) please call and let us know so that we can help you.

****Your doctor may monitor blood tests***

Who do I call if I have questions or concerns?

Cardiology Clinic	Nurse Care Managers		Cardiologist On-Call
323-361-2461 Office Hours: Monday to Friday 8:00 a.m. to 5:30 p.m.	Ani Yeremian 323-361-4622 ayeremian@chla.usc.edu	Kristen Ray 323-361-3355 kray@chla.usc.edu	323-660-2450 Dial "0" for the Operator, ask for the Cardiologist On-Call; Use this number if it is after the clinic closes, on weekends and holidays

Heart Institute

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