



# Spironolactone for PCOS Concerns

Spironolactone is a medication that can help lower the levels of androgens in the skin. It is used to help with:

- + Acne
- + Extra hair on the face and body (hirsutism)
- + Balding of the hair in the temples (androgenic alopecia)
- + Hidradenitis, a condition that causes small, painful lumps to form under the skin

## How long does it take to work?

- + It can take 6 months to see positive results. It may help with acne after 3 months.

## How do I take it?

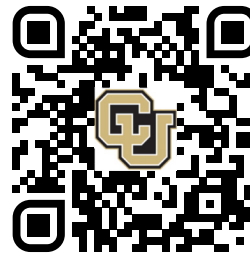
- + Spironolactone is a medication that can be taken at any time of day and with other medications.
- + Your doctor will talk to you about your dose of medication. Common doses are 50–100mg 1 to 2 times per day.

## What are the side effects?

- + Most people have no side effects.
- + Some people will feel dizzy or light-headed when using spironolactone. This is because it can cause a slight decrease in blood pressure. If you have side effects when using spironolactone, please call your doctor. It is possible that the side effect will get better over time, or you can try a different dose of the medication.

## What else to know when using spironolactone:

- + Let your doctor know if you have kidney problems or are using other medication for high blood pressure before starting spironolactone.
- + It is not necessary to check for high potassium levels before or during use of spironolactone.
- + Due its effects on androgen levels, spironolactone is not safe to use if you are pregnant or planning to become pregnant soon. If you are sexually active, it is OK to use spironolactone if you are also using an effective form of birth control.
- + It is safe to use spironolactone with other hormonal medications, including all types of birth control pills.



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