



Bonus Monographs



Chlorthalidone

(klor-**THAL**-ih-dohn)

PREGNANCY CATEGORY: B CLASSIFICATION(S):

Diuretic, thiazide

Rx: Hygroton, Thalitone

★Rx: Apo-Chlorthalidone

SEE ALSO *DIURETICS, THIAZIDES*.

ACTION/KINETICS

Onset: 2–3 hr. **Peak effect:** 2–6 hr.

Duration: 24–72 hr. **t_{1/2}:** 40 hr. Bio-availability may be dose-dependent.

ADDITIONAL USES

To potentiate and reduce dosage of other antihypertensive agents.

SPECIAL CONCERNS

Geriatric clients may be more sensitive to the usual adult dose.

ADDITIONAL SIDE EFFECTS

Exfoliative dermatitis, toxic epidermal necrolysis.

HOW SUPPLIED

Tablet: 15 mg, 25 mg, 50 mg, 100 mg

DOSAGE

• TABLETS

Edema.

Adults, initial: 50–100 mg/day (30–60 mg Thalitone) or 100 mg (60 mg Thalitone) on alternate days. Some clients require 150 or 200 mg (90–120 mg Thalitone). **Maximum daily dose:** 200 mg (120 mg Thalitone). **Pediatric:** All uses, 2 mg/kg (60 mg/m²) 3 times/week.

Hypertension.

Adults, initial: Single dose of 25 mg (15 mg Thalitone); if response is not sufficient, dose may be increased to 50 mg (30 mg Thalitone). For additional control, increase the dose to 100 mg/day (except Thalitone) or a second antihypertensive drug may be added to the regimen. **Maintenance:** Determined by client response. **NOTE:** Doses greater than 25 mg/day are likely to increase potassium excretion but not cause further benefit in sodium excretion or BP reduction.

NURSING CONSIDERATIONS

SEE *NURSING CONSIDERATIONS FOR DIURETICS (THIAZIDES) AND ANTI-HYPERTENSIVE AGENTS*.

ADMINISTRATION/STORAGE

1. Initiate with the lowest possible dose. Maintenance doses may be lower than initial doses.
2. Doses higher than 25 mg/day will increase potassium excretion but will not cause further benefit in sodium excretion or reduction of BP.

ASSESSMENT

1. Note indications for therapy, other agents trialed, and the outcome.
2. Monitor CBC, electrolytes, glucose, BUN, and creatinine.

CLIENT/FAMILY TEACHING

Take in the morning with potassium rich food.

OUTCOMES/EVALUATE

- Enhanced diuresis; ↓ edema
- ↓ BP