

EPLERENONE Drug Specific Monitoring Document



TARGET AUDIENCE	Board-wide
PATIENT GROUP	All patients aged 12 years and older taking Eplerenone

References

- British National Formulary (2024). *BNF / NICE*. [online] NICE. Available at: <https://bnf.nice.org.uk/>.
- Specialist Pharmacy Service (2021). *Medicines Monitoring*. [online] SPS - Specialist Pharmacy Service. Available at: <https://www.sps.nhs.uk/home/tools/drug-monitoring/>.
- Electronic Medicines Compendium (2019). *Home - electronic medicines compendium (emc)*. [online] Medicines.org.uk. Available at: <https://www.medicines.org.uk/emc>
- [Change in renal function associated with drug treatment in heart failure: national guidance. Clark A L et al. Heart 2019; 105:904-910. Available at http://heart.bmj.com](#)

Governance information for drug specific document

Lead Author(s):	Medicines Policy and Guidance Team
Endorsing Body:	Area Drug and Therapeutics Committee
Version Number:	V1.1
Approval date	18.06.2025
Review Date:	18.06.2026
Responsible Person (if different from lead author)	Kirsty Macfarlane/Mark Russell

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Medication Name	EPLERENONE
Actions by specialist clinician before initiation	<p>Contraindicated if plasma-potassium concentration over 5.0 mmol/L</p> <p><i>For all drugs, specialist clinicians should consider whether vaccination/exclusion of other contraindications (including active infection), is required and arrange as appropriate.</i></p>
DIS actions on starting treatment and following dose titration during initiation period	<ul style="list-style-type: none"> Plasma-potassium concentration during initiation & when dose changed After 1 -2 weeks, then monthly for the first 3 months <ul style="list-style-type: none"> Estimated glomerular filtration rate Serum potassium · adjust dose to level Before and after each dose change <ul style="list-style-type: none"> Blood pressure
Ongoing monitoring in Primary Care once stable	<p>Annually:</p> <ul style="list-style-type: none"> eGFR Serum potassium <p>Consider checking U&Es during periods of intercurrent illness, especially in patients at risk for the development of hyperkalaemia, such as elderly patients, patients with renal insufficiency and patients with diabetes</p>
Action if monitoring is outside reference range	<ul style="list-style-type: none"> Renal function <ul style="list-style-type: none"> Contact specialist if eGFR falls to less than 30mL/min/1.73m² Contact specialist and monitor serum potassium if creatinine rise of >30% from baseline Adjusting doses to serum potassium - After initiation, adjust dose to potassium level <ul style="list-style-type: none"> Further information can be found here
Actions to take if restarting medication after treatment break	<p>Following withholding eplerenone due to serum potassium \geq 6.0 mmol/L, eplerenone can be re-started at a dose of 25 mg every other day when potassium levels have fallen below 5.0 mmol/L.</p> <p>Actions needed may vary - consult specialist team for further guidance</p> <p>Patients should be referred by the specialist clinician to the drug initiation hub if re-titration or enhanced monitoring is required</p>

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CONSULTATION AND DISTRIBUTION RECORD	
Contributing Author / Authors	Kirsty Macfarlane, Mark Russell, Kendal Paterson, Katrina Maroni
Consultation Process / Stakeholders:	LMC, GP Sub-committee, Jennifer Gibson, Eimear Gordon, Anthony Carson, Richard Shearer, Rebecca Malley, Rosemary Beaton, Drug Initiation Service pharmacists, Acute specialist cardiology consultants and pharmacists.
Distribution	Acute specialist consultants and pharmacists, Senior primary care pharmacists, all individuals involved with the Drug Initiation Service, LMC and GP sub-committee

CHANGE RECORD			
Date	Lead Author	Change	Version

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