

**Indapamide** is a **thiazide-like diuretic** commonly used to treat **high blood pressure (hypertension)** and sometimes **fluid retention (edema)** associated with heart failure. Though chemically distinct from thiazide diuretics, it has similar effects and is often grouped with them.

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### □ **Mechanism of Action** Indapamide works on the **distal convoluted tubules** of the kidney by: - Inhibiting sodium reabsorption, - Leading to increased excretion of sodium and water, - Reducing blood volume and peripheral resistance, → Resulting in **lower blood pressure**.

Over time, its **vasodilatory effect** becomes more prominent than its diuretic action.

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### □ **Clinical Uses - Primary hypertension** (as monotherapy or in combination with other antihypertensives, like ACE inhibitors) - **Heart failure** (off-label or supportive use) - May be used in **stroke prevention**, as shown in the **PROGRESS trial** when combined with **perindopril**.

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### □ **Evidence: The PROGRESS Trial** In the **PROGRESS trial**, the combination of **perindopril + indapamide** significantly **reduced the risk of recurrent stroke** compared to placebo or perindopril alone. This supports the idea that **blood pressure reduction** is key in stroke prevention, regardless of initial BP levels.

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### △ **Common Side Effects - Hypokalemia** (low potassium) - **Hyponatremia** (low sodium) - Dizziness or fatigue - **Elevated uric acid** or glucose levels - Muscle cramps

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### □ **Monitoring** - Regular checks of **blood electrolytes** and **kidney function** are recommended. - Usually taken **once daily**, preferably in the **morning** to avoid nocturia.

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