

What does finerenone do?

So far, finerenone has been studied in people who have both chronic kidney disease and type 2 diabetes. Finerenone helps to slow down the progression of kidney disease. It also helps to reduce the risk of heart attacks, hospitalization for heart failure, and death due to heart disease.

How does finerenone work?

Your body makes a hormone called aldosterone. Aldosterone helps control blood pressure by balancing fluid and sodium in the body. In some people, high levels of aldosterone can lead to damage in the heart and kidneys. Finerenone works by blocking aldosterone, and this helps protect heart and kidney function.

How do I use it?

- Take it once a day, with or without food, or as directed by your health care provider. Try to take it at the same time every day.
- If you cannot swallow the whole tablet, you can split or crush it. Mix with water or soft foods and take it right away.
- If you miss a dose, take the missed dose as soon as you remember. If it is close to the time of your next dose, skip it and go back to your normal schedule. Do not “double-up” the dose, as this may increase side effects.
- If you get sick with nausea, vomiting, and/or diarrhea and cannot drink your normal amount of fluids, stop taking this medication until you feel better.

What side effects should I expect?

Most people won't have side effects while taking finerenone, but some people may have the following side effects:

- Lowered blood pressure, which can make you feel dizzy or lightheaded when standing up.
- Increased potassium levels in the blood. This can lead to a heartbeat that does not feel normal, muscle weakness, and a general feeling of being unwell. Your kidney team will monitor your potassium level.
- A small decrease in kidney function may occur when starting the medication or increasing the dose. This is an expected side effect. Your doctor will monitor your kidney function closely.

What food and medications interact with finerenone?

- Finerenone interacts with some medications, such as certain antibiotics, blood pressure medications, and seizure medications. Please contact your doctor or pharmacist if you plan to start new medications, supplements, or herbal products.
- **Grapefruit and grapefruit juice** can increase finerenone levels in the blood. Do not eat grapefruit or drink grapefruit juice while on this medication.

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