

TITLE: Clinical Experience with Metolazone (Metoz) – A Newly Introduced Diuretic in India – In Volume Overload Conditions

AUTHORS: Dr. Girish Rajadhyaksa, MD; Dr. N K Hase, MD, DM (Nephro); Dr. Sandeep Guthe, MBBS – LTMG Medical College & LTMG Hospital, Sion, Mumbai, India

PUBLICATION: Indian Medical Gazette, June 2005, Pg. 259 – 265

TRIAL DESIGN: Randomised, Prospective, Open Label

TOTAL NO. OF CASES

GROUP 1: C.C.F – 35 Patients

GROUP 2: C.R.F / NEPHROTIC SYNDROME – 25 Patients

AGE GROUP

GROUP 1: 16 - 65 years

GROUP 2: 21 – 60 years

SEX RATIO

GROUP 1: 25 Male: 10 Female

GROUP 2: 14 Male: 11 Female

RESULTS

GROUP 1

- The Weight loss in all patients was significant over a period of 6 days. Patients lost 2.43 kg weight within 6 Days treatment.
- 24 Hour Urine Volume improved from mean value 679.1 ml to 1225.7 ml on Day 6.
- Significant Natriuresis was seen from values 88.91 mEq / l to 118.7 mEq/l on Day 6.

GROUP 2

- Significant loss of body weight of more than 2 Kg after 6 days therapy.
- Increase in 24-hour urine volume from 670.4 ml to 1224.4 ml.
- Increase in Urinary Sodium excretion from 82 mEq/l to 107.7 mEq/l.

CONCLUSION

Metolazone given in single dose of 5- 10 mg/ day is significantly effective in producing adequate diuresis & natriuresis in Volume overload conditions such as CCF, Nephrotic Syndrome and CRF. This resulted in considerable symptomatic improvement in patients. Metolazone is well tolerated & safe when used in recommended doses.