

## SELF-CARE INFO FOR THOSE WITH KIDNEY DISEASE AND ACUTE ILLNESS

You have been given this leaflet because you take the following medicine(s):

- **ACEi:** (names ending "pril") e.g. ENALAPRIL, LISINOPRIL, PERINDOPRIL, RAMIPRIL
- **ARB:** (names ending "sartan") e.g. CANDESARTAN, IRBESARTAN, LOSARTAN
- **MRA:** water tablets ending "one" e.g. SPIRONOLACTONE, EPLERENONE
- **NSAID:** anti-inflammatory pain killers e.g. IBUPROFEN, DICLOFENAC, NAPROXEN
- **Water tablets** ending 'mide' or 'zide' e.g. FUROSEMIDE, BUMETANIDE, BENDROFLUMETHAZIDE
- **SGLT2 inhibitors:** (names ending "gliflozin") e.g. DAPAGLIFLOZIN, EMPAGLIFLOZIN, CANAGLIFLOZIN
- **OTHER** (please state):

### Why have I been given this leaflet?

The medicine(s) above are important for your medical condition. However, if your body becomes short of fluid (dehydration), this medicine can sometimes stop your kidneys from working as they should. The most common reasons for becoming dehydrated are:

- ***Vomiting, diarrhoea, high temperatures or fevers and not being able to drink normally***



If you develop diarrhoea, vomiting or high fevers or are not able to drink a normal amount of fluid you should temporarily stop taking the medicine named above. This is to help protect your kidneys. Once you are better and can drink normally, you should restart your medicine. For most people this is within 48 hours.

***If you remain unwell for longer than 48 hours, contact your doctor.***  
It is important to seek medical advice if your symptoms last for more than 48 hours

## Is there anything else I should do when I am dehydrated?

You can take paracetamol for pain relief or for a high temperature.  
*Avoid* anti-inflammatory drugs (a type of pain killer) whilst you're dehydrated.  
Examples of these medicines are Ibuprofen, Diclofenac or Naproxen.



## What else is important when I am taking this medicine?

If you are going into hospital for treatment, tell the staff looking after you about this medicine and show them this leaflet. This is particularly important if you are having an operation or some types of scans as your medicines may need to be stopped before your procedure.

## Who is giving you this advice?

This advice comes from consultant kidney specialists to try and prevent patients developing kidney problems.

*Seek advice from your doctor, pharmacist, or nurse if you have any questions about your medicine and its use, or this leaflet.*

## Useful contacts

- Ask your pharmacist
- Patient UK - [www.patient.co.uk](http://www.patient.co.uk)
- NHS Choices, [www.nhs.uk/conditions/](http://www.nhs.uk/conditions/)

### ***If you have further questions:***

Call the **practice** on *01285 653184 or 01285 653122*

If you require **urgent** medical advice, call *111 (24 Hrs)*

In an **emergency** call **999**