

Medicines and Your Kidneys PATIENT INFORMATION LEAFLET

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

[Please circle the medicine]

- **ACE inhibitors: medicine names ending in “pril”**
e.g. CAPTOPRIL, ENALAPRIL, LISINOPRIL, PERINDOPRIL, RAMIPRIL
- **ARB’s: medicine names ending in “sartan”**
e.g. CANDESARTAN, IRBESARTAN, LOSARTAN, VALSARTAN
- **NSAIDS: anti-inflammatory pain killers**
e.g. IBUPROFEN, DICLOFENAC, NAPROXEN

OTHER (please state): _____

Why have I been given this leaflet?

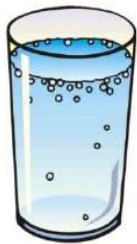
The medicine(s) you are taking are named above.

These tablets are good 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, Not being able to drink normally

If you do develop diarrhoea, vomiting or high fevers, try to drink more.



What should I do with my medicines if I become dehydrated?

If you:

- are not able to drink a normal amount of fluid,
- develop diarrhoea or vomiting or
- develop fevers,

you **should temporarily stop taking the medicine** named above. This is to help protect your kidneys.

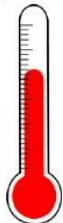
Once you are better and can drink normally, you **should restart** your medicine. For most people this is within 48 hours.

If you remain unwell for longer than 48 hours, contact your doctor.

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

You **can** take paracetamol for pain relief or for a high temperature.

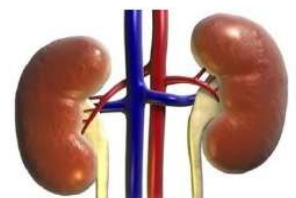
Avoid anti-inflammatory drugs (a type of pain killer) whilst you're dehydrated. Examples of these medicines are Ibuprofen, Diclofenac or Naproxen.



To find out more about dehydration and your kidneys, see the NHS Choices website at www.nhs.uk

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 scan 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. The leaflet is based on a leaflet developed by colleagues at Royal Derby Hospital.

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

NHS 111 is available 24 hours a day, 365 days a year, to provide health information. Just call 111.