



Keeping your Kidneys Safe

You have been given this leaflet because you are taking a medicine that could stop your kidneys working properly if you become dehydrated.

Medicines include bendroflumethiazide, bumetanide, candesartan, captopril, diclofenac, enalapril, furosemide, ibuprofen, indapamide, irbesartan, lisinopril, losartan, metformin, naproxen, perindopril, ramipril, spironolactone and valsartan.

What illnesses cause dehydration?

If you have any of the following you may be at an increased risk of dehydration: -

- Diarrhoea
- Vomiting
- High temperature or fevers (sweats, shaking)
- Are not able to drink properly.

If you vomit once, or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting and diarrhoea, or a high temperature, or a reduced fluid intake may increase your risk of dehydration and so you should follow the '**SICK DAY RULES**'.

Please do not delay calling your GP or out of hours service if you pass very small volumes of urine or you stop urinating.

SICK DAY RULES

Try and drink more fluids if you can and **temporarily stop** taking the medication mentioned above. This will help protect your kidneys.

You can take paracetamol for pain relief or for a high temperature if required. **Do not** take ibuprofen.

Once you are feeling better and you can eat and drink normally, **it is important that you restart your medication**. For most people this will be within 24 to 48 hours.

When you restart your medication, just take them as normal. Do not take extra doses for the ones you have missed.

If you remain unwell for longer than 48 hours, please contact your doctor or out of hours service for further advice.

It is also important to keep well hydrated during hot weather or when you are exercising.

For more information about dehydration and your kidneys, see the websites www.nhs.uk and www.thinkkidneys.nhs.uk.

Further advice and information can be obtained from your GP, nurse, pharmacist or the NHS 111 service.