

Making your kidney Count


Drugs and your Kidneys



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Most of the drugs you take pass through your kidneys. If a certain drug is not taken according to your doctor's orders, this can cause injuries to the kidneys. Healthy kidneys eliminate waste materials out of your body.

What drugs are harmful to your kidneys?

Pain Medications

Your kidneys could be damaged if you take large amounts of over-the-counter medicines such as aspirin and ibuprofen. None of these medicines should be taken daily or regularly without first talking to your doctor.

Antibiotics

Antibiotics can also be dangerous if they are not taken correctly. People with kidney disease need to take a smaller amount of antibiotics than people with

2 Drugs and your Kidneys

healthy kidneys. Take only medicines ordered for you by your doctor.

What should you do?

Do not take any medicine, drug or substance unless you are under a doctor's supervision. Do not take pills or substances given to you by a stranger or even a friend. If you took a medication or other substances and made you feel ill, contact your doctor immediately.

What are analgesics?

Analgesics are medicines that help to control pain and reduce fever, and some types also decrease inflammation. Examples of analgesics that are available over the counter are: aspirin, acetaminophen(panadol), ibuprofen, Ketoprofen, Diclofenac and naproxen sodium.

Many analgesics should not be used if there is decreased kidney function, because they reduce the blood flow to the kidney. Also, long term use with higher doses may harm normal kidneys.

It is important to realize that, while helpful, these medicines are not completely without risk and they should be used carefully.

How should I know if analgesics have affected my kidneys?

Your doctor can check your kidneys by doing sample blood test called a serum creatinine level. This test measures the amount of a waste product in your blood that is normally removed by your kidneys.

If your kidneys are not working well as they should, the creatinine level will be increased in your blood. The results of the serum creatinine test can be used to estimate your glomerular filtration rate (GFR). Your GFR number tells your

doctor how much is your kidney functioning. A urine test for the presence of protein may also be done. Persistent protein in the urine may be an early indication of kidney damage.

What can I do to keep my kidneys healthy?

Kidney disease caused by analgesics is often preventable. Here are some things you can do to help your kidneys healthy:

- If you have pain or fever for a longer time, you should see your doctor.
- Avoid prolonged use of analgesic that contain a mixture of painkilling ingredients
- If you are taking analgesics, increase the amount of fluid you drink 6–8 glasses a day
- If you are taking analgesics, avoid drinking alcohol
- If you have kidney disease, consult your doctor before taking an analgesic, particularly Non-steroidal anti-inflammatory drugs (NSAIDs) and higher dose aspirin
- Use NSAIDs under your doctor's supervision, if you have heart disease, high blood pressure, kidney disease or if you take diuretic medications or are over 65 years of age.
- Make sure your doctor knows about all the medicines that you are taking, even over-the-counter medicines
- Make sure you read the warning label before using any over-the-counter Analgesics

10 Golden Keys for Good Life

1. Keep an updated list of all medicines prescribed by your doctor including all over the counter medicines
2. Keep all medicines out of reach of children
3. Keep/store medicine in its original container. Do not mix different medications together in the same container

4 Drugs and your Kidneys

4. Keep your medicine in dry and cool place
5. Keep your medicine in the fridge according to your pharmacist's advice.
6. Keep medications for yourself, don't share it with others
7. Keep the instructions on the label
8. Keep your medication safely and properly when you travel.
9. Take your missed dose as soon as possible
10. Disposal of unused or expired drugs