

## Kidney Disease: Medicines You Should Avoid



Your kidneys remove, or filter, waste from your blood and help keep your body's fluids and chemicals in balance. If you have kidney problems, such as kidney disease, your kidneys cannot filter your blood the way they should. Waste can build up in your blood and make you sick.

But there are things you can do to help avoid more harm to your kidneys.

For example, when you have kidney disease, you have to be careful about the medicines you take. Certain medicines can harm your kidneys. These medicines may lead to kidney failure, which means your kidneys stop working.

Your doctor can help you avoid medicines that may harm your kidneys.

### NSAIDs and other medicines to avoid

Most people who have kidney problems should avoid taking nonsteroidal anti-inflammatory medicines (NSAIDs). NSAIDs are pain relievers. You can buy some NSAIDs without a prescription, and some you get with a prescription from a doctor. NSAIDs include:

- Celecoxib (Celebrex).
- Ibuprofen (Advil, Motrin).
- Naproxen (Aleve).

Other medicines that may cause problems with your kidneys include high blood pressure medicine and herbs for weight loss.

Talk with your doctor about all your medicines and herbal products, so you know if they are safe for you.

### How to work with your doctor

Keeping track of your medicines can be a challenge sometimes, especially if you are taking many different kinds. By working closely with your doctor, you can stay safe and avoid medicines that may harm you. Here are some important tips:

- Make sure your doctor knows all the medicines you take. This includes over-the-counter (OTC), prescription, and herbal medicines, and any vitamins or supplements.
- Keep a current list of all your medicines. Take the list with you each time you see your doctor or see a new doctor. Your doctor may have you avoid certain medicines or may change your dose.

- Talk with your doctor first before you take **any** new medicines or herbal products.
- Ask your doctor about using medicines other than NSAIDs for pain relief.
- Take your medicines exactly as your doctor says. And always follow the directions on the label.
- Tell all of your doctors and other health professionals that you have kidney problems. This will help you avoid getting medicines that may harm your kidneys.
- If you have kidney disease, wear medical alert jewelry that lets others know. You can buy this jewelry at most drugstores.

## Questions to ask your doctor

Use the space below to list your questions or concerns. Take this sheet with you to your next doctor visit.

### Questions about medicines to avoid: