

# Medicines and Your Kidneys

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

Captopril	Losartan	Metformin	Ibuprofen	Bendroflumethiazide
Candesartan	Perindopril	Celecoxib	Meloxicam	Eplerenone
Enalapril	Ramipril	Diclofenac	Naproxen	Indapamide
Irbesartan	Valsartan	Etoricoxib	Piroxicam	Spironolactone
Lisinopril				



Others .....

The medicines listed above are good for your medical condition. However, if your body becomes short of fluid (dehydrated), these medicines can sometimes stop your kidneys from working as they should.

## What causes dehydration?



Dehydration occurs when your body loses more fluid than you take in. The most common causes of dehydration are:

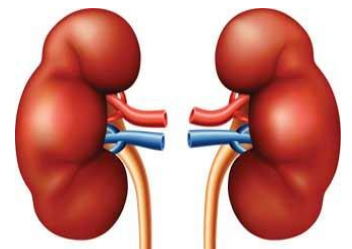
- vomiting
- diarrhoea
- high temperature or fever
- being unable to drink normally

## What are the symptoms of dehydration?

Dehydration be mild, moderate or severe, depending on how much fluid has been lost. Two early **symptoms of dehydration** are thirst and dark coloured urine. This is the body's way of trying to increase water intake and decrease water loss.

Other symptoms may include:

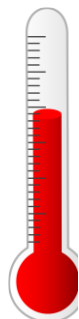
- dizziness or light-headedness
- headache
- tiredness
- dry mouth, lips and eyes
- passing small amounts of urine infrequently (less than three or four times a day)



## What should I do if I become dehydrated?

Drink plenty of fluids such as water, diluted squash or fruit juice.

If you are finding it difficult to keep the fluid down because you are vomiting, try drinking small amounts more frequently.



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

**Avoid** anti-inflammatory pain killers, examples of these medicines are Ibuprofen, Diclofenac or Naproxen.

As you will see these are on the list of medicines which can harm your kidneys if you are dehydrated.

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

To help protect your kidneys you **should temporarily stop taking the medicines** listed overleaf if you:

- are **not** able to drink a normal amount of fluid or
- develop diarrhoea or vomiting or
- develop a fever

## Should I restart my medicine?

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 longer than 48 hours.

## Where can I find more information?

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

To find out more about dehydration and your kidneys see the NHS choices website at [www.nhs.uk](http://www.nhs.uk)

This information is provided by Wrightington, Wigan and Leigh NHS Foundation Trust and Wigan Borough CCG to help protect your kidneys.

Based on information produced by Southern Derbyshire CCG and Derby Hospitals NHS FT