

## Why have I been given this leaflet?

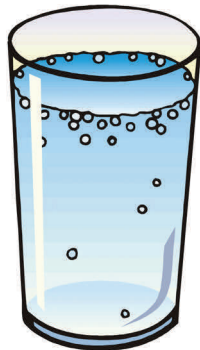
The medicines you are taking are named on the front cover of this leaflet.

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(s)** named on the front of the leaflet. 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 this, contact your doctor.** It is important to seek medical advice if your symptoms last for more than 48 hours.

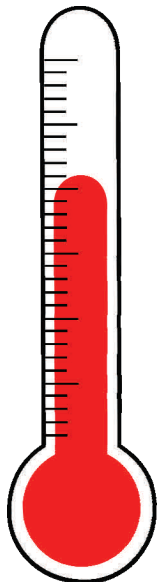


## Is there anything else I should do when I am dehydrated?

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](http://www.nhs.uk)



**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.

### **Who is giving you this advice?**

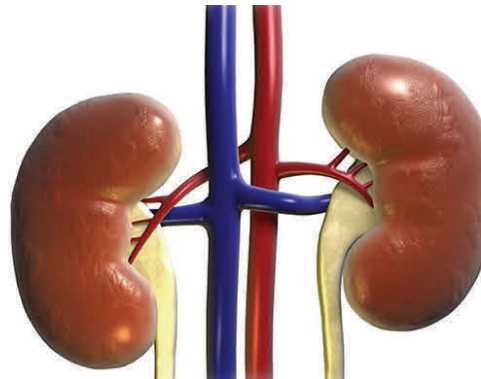
This advice comes from consultant kidney specialists to try and prevent patients developing kidney problems.

The leaflet has been produced by East Midlands Cardiovascular Strategic Clinical Network based on a leaflet developed by colleagues at Royal Derby Hospital.  
*Produced May 2015*



### **What else is important when I am taking this medicine?**

If you are coming 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.



[www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)

## **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
- METFORMIN a medicine for diabetes

OTHER (please state):