

Your Medicines and Your Kidneys

Information for patients, relatives and carers

① For more information, please contact:

Or contact our hospital switchboard and ask for the
specialist team that provided this leaflet:

The York Hospital

Tel: 01904 631313

Wigginton Road, York, YO31 8HE

or

Scarborough Hospital

Tel: 01723 368111

Woodlands Drive, Scarborough, YO12 6QL

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Why have I been given this leaflet?

You have been given this information because you are taking medicine that may include an ACE-inhibitor, an angiotensin-2 receptor blocker, a potassium sparing diuretic and/or metformin. There are lots of different names for these medicines. Please ask your doctor to write down the actual name(s) of the medicine(s) that you are taking that fall(s) into one of these groups.

You are taking:

Why am I taking this medicine?

You have been prescribed medicine to help your medical condition. This medicine is very useful in your case and it is quite correct that you should be taking it. However the medicine can cause problems if your body becomes short of fluid (dehydrated).

What could happen if I become dehydrated?

If you become dehydrated there is a risk that you could go into kidney failure or develop very high potassium levels in your blood. This could make you very ill.

Why might I become dehydrated?

The most common reason is either vomiting and/or diarrhoea. This isn't caused by the medicine, but the medicine stops your kidneys from responding to dehydration. Dehydration is more common if you are travelling abroad in a hotter climate.

What should I do if I develop vomiting and/or diarrhoea?

If you are able to maintain a normal fluid intake by drinking, then you do not need to change anything. If you cannot maintain a normal fluid intake, then you should stop taking the medicines listed above and contact your doctor. If you are becoming dehydrated, then you may need to come into hospital to receive a fluid drip directly into your veins.

When should I restart my medicine?

Once you are better and able to take a normal fluid intake, then you can restart the medicine as before. Most people can restart their medication within two to three days.

Can any other medicines make this worse?

Anti-inflammatory tablets (also called non-steroidals or NSAIDs) will make this worse. You should try and avoid taking these with your other medicine. NSAIDs may be prescribed by your GP or brought from the chemist (ibuprofen or Nurofen are common examples).

What if I need to come to hospital for other treatment?

If you are coming into hospital for other treatment, then please tell the doctors and nurses looking after you about your medication. It may be helpful to show them this leaflet. This is particularly important if you are having an operation as your medicine(s) may need to be stopped or altered a few days before any planned treatment. The doctors looking after you would need to decide whether or not this is necessary.

Tell us what you think

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Dr Colin Jones, Renal Department, The York Hospital,
Wigginton Road, York, YO31 8HE or
telephone 01904 725374.

Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

Patient Advice and Liaison Service (PALS)

The York based team can be contacted on 01904 726262, or via email at pals.york@york.nhs.uk

The Scarborough based team can be contacted on 01723 342434, or via email at pals.scarborough@york.nhs.uk

Answer phones are available out of hours.

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

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