



FOR MORE INFORMATION ON KIDNEY
DISEASE CONTACT THE KIDNEY CARE TEAM

MEDICINES FOR KIDNEY DISEASE



Blood pressure is how well the blood is flowing through your body. High blood pressure can damage the filters in the kidneys. You need steady flow for good blood pressure, like a hose
-top number should be between 90-120
-bottom number should be between 50-70



- Hypertension (Blood pressure) medicines:
- Ramipril
 - Irbesarten

QUESTIONS YOU MAY WANT TO ASK

Diabetes (Blood sugar) medicines:

- Metformin
- Gliclazide
- Insulin

Diabetes is when you have got too much sugar in the blood.

Lots of sugar damages the tiny filters in the kidneys.

A good blood sugar level is 4 - 8.

HbA1c tells you how good or bad your blood sugars have been in the last 3 months.

A good HbA1c is 6.0 - 7.0



- Medicines need to be taken as the Doctor orders it.
- Do not take old medicines.
- Make sure you take all your medicines at the right times.
- All your medicines maybe in more than one Webster pack - check how many packs you should be taking.
- Keep your medicines out of reach of children.
- Keep medicines in a cool place.
- If you take medicines only in the morning and you forget take it, make sure you take it as soon as you remember that same day.
- If you take medicines at breakfast, lunch and dinner, but forget to take them when you should have, DON'T take them, but remember the next lot of medicines when they are due.
- Tell a health worker if you feel sick after taking your medicines.



Anaemia is when your red blood cells are low or weak
 Weak blood can make you feel slack/tired, headaches, dizziness, shortness of breath, chest pains
 Red blood cells are called haemoglobin
 Your haemoglobin should be between 110-120

- Anaemia (Weak blood) medicines:
- Ferrous sulphate
- Iron infusion
- Eprex or Aranesp

Cholesterol (Fat in the blood) medicines:

- Atorvastatin
- Simvastatin
- Aspirin



Cholesterol is fat in the blood.

There is good and bad cholesterol.

Cholesterol can cause problems with your heart as the kidneys get sick.

It is important to take these tablets to help control problems.



Phosphate binder (Bone) medicines:

- Calsup, Caltrate, Sevelema
- Calcitriol
- Cinacalcet
- Magmun



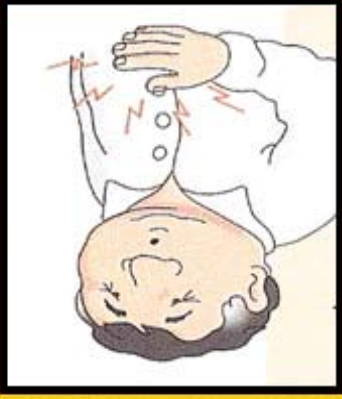
Bone disease is when your bones become weak

Weak bones occur because the kidneys are not working properly

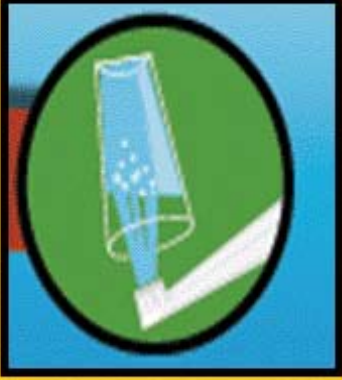
You need to make sure your calcium and phosphate levels are good

Aim for Calcium between 2.1 - 2.8

Aim for Phosphate between 1.5 - 2.0



Oedema (fluid) occurs in the body as the kidneys get sick. A build up of fluid can make you feel short wind and can cause swelling in your legs, hands and face. Fluid tablets help to get rid of extra fluid in the body.



- Oedema (Fluid) medicines:
- Frusemide
 - Thiazide



Acidosis is when the blood is not in balance. Acidosis happens when people have kidney disease. There needs to be a good balance of acid base in the blood.

- Acidosis (blood balance) medicines:
- Sodium bicarbonate