



## Chronic Kidney Disease (CKD) Information

If you have been diagnosed with Chronic Kidney Disease (CKD) and in order to prevent your kidney disease from getting worse, the following information is very important:

1. If you have **Hypertension** (High Blood Pressure), your blood pressure should be adequately controlled. You have to avoid salt (Sodium) intake. Your target blood pressure is determined by your physicians and your medications would be adjusted accordingly.
2. If you have **Diabetes**, your blood sugar should be optimally controlled. This is done by following a diabetic diet and working with your primary care physician or your endocrinologist (Diabetes specialist) to optimize your blood sugar control.
3. Avoid certain **pain medications** called **NSAIDs**. These are medications like Advil, Aleve, Arthrotec, Celebrex, Diclofenac, Etodolac, Fenoprofen, Ibuprofen, Indocin, Ketorolac, Mobic, Motrin, Naprosyn, Naproxen, Toradol, Sulindac, Voltaren etc. Check with our office if you are not sure if your pain medication is safe for patients with kidney disease. It is OK to take Baby Aspirin
4. **Intravenous contrast (IV Dye)**: certain types of Intravenous Dyes such as those used for angiograms, cardiac catheterizations and CT scans could affect your kidney function. If you need a study where such Dye is needed, then certain precautions need to be taken before the administration of such Dyes to protect your kidneys. Please inform your doctors and our office before undergoing any such procedures so that we could take the necessary precautions.
5. **Fleet Phospho-Soda Enemas**: there have been some reports of acute kidney injury following the administration of Phospho-soda enemas. Avoid Phospho-soda enemas. You can take any other over the counter medication for constipation other than Phospho-soda enemas.
6. **Smoking and Obesity**: in addition to their negative effect on other organs and general health and increased risk of cancer (in the case of smoking), they are also associated with worsening kidney function.
7. If you would like any further information regarding kidney disease or help with diet restrictions please check the National Kidney Foundation (NKF) website at [www.Kidney.org](http://www.Kidney.org) or call our office.