



AVOID SOME OVER-THE-COUNTER MEDICATIONS

| IF YOU HAVE PAIN | TYPES OF MEDICATIONS |

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Some over-the-counter medicines can hurt your kidneys. You can help protect your kidneys by knowing more about these medicines.

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IF YOU HAVE PAIN

If you have pain make sure and talk with your doctor about your pain control needs. A small dose of an NSAID taken only once in a while may be safe. Or, acetaminophen may be safe for moderate use. Narcotics, like OxyContin®, may help control severe pain without the kidney risk of NSAIDs. If you take NSAIDs almost everyday, ask to have your kidney function tested every few months to see if it is getting worse.

TYPES OF MEDICINES

Contrast dye is used for many x-rays and CT scans. If you have decreased kidney function, receiving contrast dye may negatively affect the kidney function you have remaining.

Many laxatives have ingredients in them that should not be taken by people with chronic kidney disease. Laxatives that are ok to take include: Lactulose, Sorbitol or Dulcolax tablets. (Dulcolax tablets are available without a prescription.) Check with your doctor.

Maalox and Mylanta both contain magnesium which may accumulate to harmful levels if kidney function is impaired. Check with your doctor.



Herbal supplements, vitamins and minerals contain many substances that have unknown side effects and may be harmful to people with CKD.

NSAIDs are nonsteroidal anti-inflammatory drugs. NSAIDs are over-the-counter pain pills that contain:

- Ibuprofen
- Naproxen
- Aleve
- Advil



Some prescription pain pills called **COX-2 inhibitors** (like Celebrex® and Vioxx®), used to treat arthritis pain, are also in the NSAID family.

NSAIDs can harm the kidneys when taken in large doses or over a long period of time. These effects can be worse if you already have chronic kidney disease (CKD). Read drug labels on over-the-counter products so you know what you are getting, and take the lowest dose that works for you.

Acetaminophen, also known by the brand name Tylenol®, is a pain killer that is not in the NSAID family because it does not stop inflammation. However, acetaminophen has also been linked with liver damage, and with kidney damage in some cases. Still, this is the pain pill suggested more often for people with CKD.

SUMMING UP

You can help keep your kidneys healthy by avoiding or limiting the use of over-the-counter medicines that can hurt your kidneys. If you take over-the-counter medicines make sure you tell your doctor.