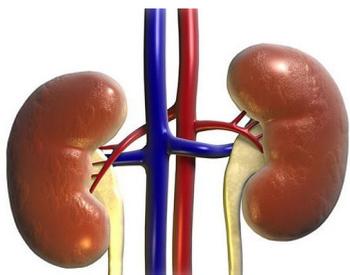


What else is important when I am taking this medicine?

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.



Who is giving you this advice?

This advice comes from consultant kidney specialists at East and North Herts Trust to try and prevent patients developing kidney problems.

Seek advice from your doctor, pharmacist or nurse if you have any questions about your medicine and its use, or this leaflet.

Useful contact details

NHS 111 is available 24 hours a day, 365 days a year, to provide health information.

 Dial 111

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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Author: Clare Morlidge

Reference: Medicines Version: 02 (Dec 2016)

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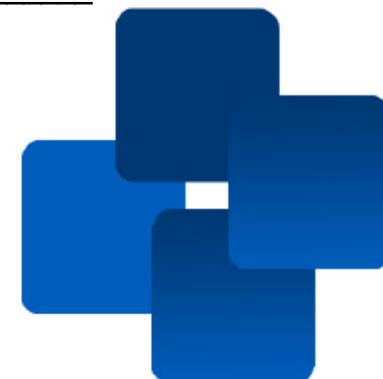
Patient Information

Medicines and your kidneys

Renal Department

You have been given this leaflet because you take the following medicine(s) ticked below:

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Captopril | <input type="checkbox"/> Ramipril |
| <input type="checkbox"/> Enalapril | <input type="checkbox"/> Candesartan |
| <input type="checkbox"/> Lisinopril | <input type="checkbox"/> Losartan |
| <input type="checkbox"/> Perindopril | <input type="checkbox"/> Irbesartan |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Valsartan |



Why have I been given this leaflet?

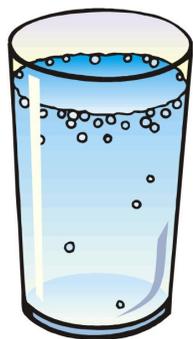
The medicines you are taking are named on the front cover of this leaflet.

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 and/or vomiting;
- develop a fever,

you should **temporarily stop taking the medicine** named on the front of this 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

