

## Medicines and your kidneys

You have been given this information sheet 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"/> Empagliflozin | <input type="checkbox"/> Valsartan   |
| <input type="checkbox"/> Dapagliflozin | <input type="checkbox"/> Other _____ |

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?

You should **temporarily stop taking the medicine** named at the top of this leaflet if you:

- are not able to drink a normal amount of fluid
- develop diarrhoea and/or vomiting
- develop a fever

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 are still 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 painkiller) 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 website at:  
<https://www.nhs.uk/conditions/Dehydration/>

## 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 Hertfordshire NHS 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.

## Further information

- **NHS Website** [www.nhs.uk/conditions/Dehydration/](http://www.nhs.uk/conditions/Dehydration/)

## Useful contact details

### East and North Hertfordshire NHS Trust:

- Website [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)
- Telephone 01438 314333

**NHS 111** is available 24 hours a day, 365 days a year, to provide health Information:

- Telephone 111

## Leaflet information

**You can request this information in a different format or another language; please speak to your doctor or nurse.**

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