

Acute Kidney Injury (AKI)

Issued by Northumbria Healthcare NHS Foundation Trust

Why have I been given this leaflet?

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



Captopril
Candesartan
Enalapril
Furosemide
Bumetanide

Irbesartan
Lisinopril
Losartan
Valsartan

Perindopril
Ramipril
Bendroflumethiazide
Spironolactone

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 temperature or fevers
- Not being able to drink normally

If you have a specialist nurse in the community for your long-term condition; please contact them for advice about your medication.

What should I do with my medicines if I become dehydrated?

If you are dehydrated for the reasons above, you should temporarily stop taking the medicine named above. This is to protect your kidneys.

Once you are better and can drink normally, you should restart your medicine. For most people this is within 48 hours.

Avoid anti-inflammatory drugs (a type of painkiller) whilst you're dehydrated.

If you are given this leaflet please discuss with your healthcare professional before taking medicine such as Ibuprofen, Diclofenac or Naproxen.

If you feel very unwell or are not better within 48 hours please contact your pharmacist, GP or call 111 for advice.

Further Information

You can read about the causes, symptoms and treatment of AKI on the NHS Conditions website below:

www.nhs.uk/conditions/acute-kidney-injury/



You can find more information and support from the 'Think Kidneys' Charity:

www.thinkkidneys.nhs.uk/aki/



Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 0344 811 8118.

Other sources of information

NHS 111

NHS Choices www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence) www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 0344 811 8111 www.northumbria.nhs.uk

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