



Medication Management for people with Chronic Kidney Disease (CKD)

What types of medicines do I need to take?

Many people with CKD take medicines prescribed to lower blood pressure, control blood glucose, and lower cholesterol.

Two types of blood pressure medicines, ACE inhibitors and ARBs, may slow kidney disease and delay kidney failure, even in people who don't have high blood pressure. The names of these medicines end in -pril or -sartan.

Many people need to take two or more medicines for their blood pressure. You may also need to take a diuretic, sometimes called a water pill. The aim is to meet your blood pressure goal. These medicines may work better if you limit your salt intake.

Your health care provider may change your medicines if your kidney disease gets worse. Your kidneys don't filter as well as they did in the past, and this can cause an unsafe buildup of medicines in your blood. Some medicines can also harm your kidneys. As a result, your provider may tell you to

- take a medicine less often or take a smaller dose
- stop taking a medicine or switch to a different one

Your pharmacist and health care provider need to know about **all the medicines** you take, including Over-The-Counter medicines, vitamins, and supplements.

Why do I need to be careful about the Over-The-Counter medicines?

Over-The-Counter (OTC) medicines are those that do not require a doctor's prescription. Many commonly used medicines, OTC or prescription, that treat headache, fever or colds are Nonsteroidal Anti-Inflammatory drugs (NSAIDs). NSAIDs can damage your kidneys and lead to acute kidney injury, especially in those with kidney disease, diabetes, and high blood pressure.

Ibuprofen and naproxen are NSAIDs. NSAIDs are sold under many different brand names, so ask your pharmacist or health care provider if the medicines you take are safe to use.

You can also look for NSAIDs on Drug Facts labels like the one below:

Drug Facts		
Active ingredients (in each caplet)	Purposes	
Ibuprofen 200mg (NSAID)*.....	Pain reliever/Fever reducer	
Pseudoephedrine HCl 30mg.....	Nasal decongestant	
*nonsteroidal anti-inflammatory drug		
Uses: Temporarily relieves these symptoms associated with the common cold, or flu:		
■ headache	■ fever	■ sinus pressure
■ nasal congestion	■ minor body aches and pains	

This example shows that the active ingredient of this medicine is ibuprofen, which is an NSAID.

If you have been taking NSAIDs regularly to control chronic pain, you may want to ask your health care provider about other ways to treat pain, such as meditation or other relaxation techniques

To learn more about how NSAIDs can harm your kidneys watch this video:

<https://youtu.be/eWlx6C9Jv5g>

What can I do to be safe?

The next time you pick up a prescription or buy an OTC medicine or supplement, ask your pharmacist how the product may:

- affect your kidneys
- affect other medicines you take (interactions)

Fill your prescriptions at only **one pharmacy or pharmacy chain** so your pharmacist can

- keep track of your medicines and supplements
- check for harmful interactions

Keep an up-to-date list of your medicines and supplements in your wallet. Take your list with you, or bring all of your medicine bottles, to all health care visits.

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Adapted from: NIDDK. [What Is Chronic Kidney Disease?](#) 2017

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