



PROTECTING THE KIDNEYS

when unwell and dehydrated



- When throwing up, having diarrhea, running a fever, or not eating / drinking enough for about 24 hours, there is a risk of becoming dehydrated.
- When dehydrated, some medications can harm the kidneys. These medications should be paused (for a few days) to protect the kidneys. It is important to restart the medications once feeling better.

To protect your kidneys when unwell and dehydrated, follow the steps below:

1

CHECK for dehydration. If unwell and showing signs of dehydration, continue to step 2.

Signs of Dehydration	<input type="checkbox"/> Peeing Less	<input type="checkbox"/> More Tired Than Usual	<input type="checkbox"/> Dizzy	<input type="checkbox"/> Confused
	<input type="checkbox"/> Dry / Cool Skin	<input type="checkbox"/> Thirsty, Dry Mouth	<input type="checkbox"/> Irritable	<input type="checkbox"/> Headache

2

PAUSE some medications. Stop the medications listed below for 1 to 3 days until feeling better.

Medication Family	Medication Name Healthcare provider to fill out.	Date : _____
ACE inhibitor / ARB / ARNI		
Diuretic		
SGLT2 inhibitor		
NSAID (anti-inflammatory)		
Sulfonylurea and / or metformin		
Avoid over-the-counter products and cold medications that have ibuprofen (Advil, Motrin), naproxen (Aleve), or decongestants (pseudoephedrine, phenylephrine). Ask a pharmacist what can be taken instead.		

Reminders for people with DIABETES		Reminders for people with HEART FAILURE	
Adjust insulin	Insulin needs may change when unwell. For example, if not eating, meal time insulin is not needed.	Ask about pausing diuretic	Please contact your healthcare team before stopping a diuretic (water pill) such as furosemide.
Stay hydrated	Drink lots of fluids with minimal sugar. Limit caffeine. Consider electrolyte replacement drinks (such as Hydralyte).	Stay hydrated	Keep total fluids (such as soup, water, tea) to 2 litres per day. Replace fluids lost from throwing up, diarrhea, or fever.
Check blood sugar	Check blood sugar more often while unwell. Medications can lower blood sugar too much. If blood sugar is too low, contact a healthcare provider.	Track weight and blood pressure	Contact a healthcare provider if body weight goes up or down by more than 1.5 kilograms (3 pounds) in 2 days or if blood pressure is lower than usual.
		Be aware of salt	Canned soup and packaged foods are high in salt and can cause your body to hold on to extra fluid.

3

RESTART medications when feeling well and eating again.

Talk to a healthcare provider if not feeling better after 3 days or with any questions.

TAKE NOTE!

Medications to Pause when Dehydrated



Medication Family	Generic Name	Brand Name	Risk if Taken when Dehydrated
ACE inhibitors (ACEi) Angiotensin receptor blockers (ARB) Angiotensin receptor blocker neprilysin inhibitor (ARNI)	benazepril	Lotensin	Increased risk of kidney damage or affecting how well the kidneys work.
	captopril	Capoten	
	cilazapril	Inhibace	
	enalapril	Vasotec	
	fosinopril	Monopril	
	lisinopril	Zestril	
	perindopril	Coversyl	
	quinapril	Accupril	
	ramipril	Altace	
	trandolapril	Mavik	
	candesartan	Atacand	
	irbesartan	Avapro	
	losartan	Cozaar	
	olmesartan	Olmotec	
	telmisartan	Micardis	
	valsartan	Diovan	
	sacubitril / valsartan	Entresto	
Diuretics (water pills)	chlorthalidone	Hygroton	If using a diuretic (water pill) for heart failure, check with a healthcare provider before pausing (especially furosemide). Increased risk of kidney damage or affecting how well the kidneys work.
	eplerenone	Inspra	
	finerenone	Kerendia	
	furosemide	Lasix	
	hydrochlorothiazide	HCTZ	
	indapamide	Lozide	
	metolazone	Zaroxolyn	
	spironolactone	Aldactone	
SGLT2 inhibitors	canagliflozin	Invokana	Increased risk of kidney damage or affecting how well the kidneys work.
	dapagliflozin	Forxiga	
	empagliflozin	Jardiance	
Non-steroidal anti-inflammatory drugs (NSAID)	acetylsalicylic acid (ASA)	Aspirin / Entrophen	Increased risk of kidney damage or affecting how well the kidneys work. It is okay to <u>continue low dose 81mg ASA</u> . Be aware: over-the-counter cough, cold and flu products often contain these medications.
	celecoxib	Celebrex	
	diclofenac	Voltaren	
	ibuprofen	Advil / Motrin	
	indomethacin	Indocid	
	ketorolac	Toradol	
	naproxen	Aleve / Naprosyn	
Sulfonylureas & secretagogues	gliclazide	Diamicron MR	Increased risk of low blood sugar.
	glimepiride	Amaryl	
	glyburide	Diabeta	
	repaglinide	Gluconorm	
Metformin	metformin	Glucophage / Glumetza	Increased risk of side effects. Consider restarting at a lower dose for a few days if having nausea and / or diarrhea.

For references visit www.rxfiles.ca/kidney

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