

Medication and your kidneys

When you are unwell you are more likely to become dehydrated. For example if you have diarrhoea, vomiting or have a high temperature or fever (and are sweating) you may be at a greater risk of being dehydrated.

It is important to try to drink even when you are feeling unwell and to speak to your doctor or pharmacist about your medication.

When you are dehydrated, some medications can stop your kidneys working as well as they normally do and it is important to know what to do if you do become unwell.

You should avoid taking anti-inflammatories (e.g. ibuprofen, diclofenac or naproxen), when you are dehydrated.

Speak to your pharmacist or doctor before considering stopping any of your medication.



Further information

National Source Waters Association:

(www.NaturalSourceWaters.org.uk)

NHS Choices—Dehydration:

(www.nhs.uk)

Whiston Hospital, Warrington Road, Prescot,
Merseyside, L35 5DR Telephone: 0151 426 1600

St Helens Hospital, Marshall Cross Road,
St Helens, Merseyside, WA9 3DA Telephone:
01744 26633

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www.sthk.nhs.uk

Are you at risk of dehydration? (Adults)

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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Keep your kidneys healthy

The kidneys are one of the most hard working organs in the human body. Their main function is to purify the blood by filtering out and removing waste products from the body. Urine is produced by the kidneys when blood is filtered and this is then passed out of the body.

Drinking plenty of water helps the body to remove waste products and keep your kidneys healthy. Keeping well hydrated can also help to reduce the risk of headaches, dizziness, confusion, urinary infection (UTIs), constipation and kidney stones.

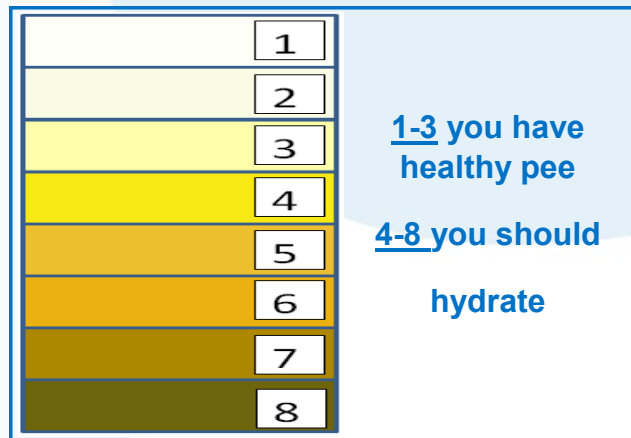
Signs & symptoms of dehydration



Tips to help you stay hydrated

- Sip water little and often. Try to avoid drinking large amounts in one go.
- Women should drink eight 200ml glasses and men should drink ten 200ml glasses of fluid each day. Some medical conditions may prevent you drinking this amount and you should consult your doctor if you are concerned.
- Keep a bottle of water handy when you are on the move or exercising.
- The colour of your urine can help to tell you if you need to drink more water. Healthy urine is straw coloured or pale in colour. If your urine is darker it is an indication that you might be dehydrated.

Check your urine (pee)



1-3 you have healthy pee

4-8 you should hydrate

What fluids should I drink?

- Water is one of the healthiest choices to keep your kidneys healthy. Water does not contain sugar which can damage teeth.
- Milk is an excellent source of calcium which is great to build healthy bones.
- Fruit juices and smoothies are a good source of vitamins and mineral, which are essential for a healthy diet, however they can be high in sugar so limit intake to one small glass a day.
- Avoid squashes, sugary and fizzy drinks as they contain sugar and very few nutrients.
- Tea, coffee and caffeinated drinks should be kept to a minimum as they can make you produce urine more quickly.
- Alcohol does not contribute to your daily fluid intake and can make you dehydrated.