



### What Can I Do To Protect My Kidney?

1. Avoid routine or frequent use of certain pain medications called non-steroidal anti-inflammatory drugs (NSAIDS), commonly thought of as Advil, Motrin or Aleve. These include, but are not limited to, the following over-the-counter and prescribed drugs:

Celecoxib (Celebrex™)	Meloxicam (Mobic™)
Diclofenac (Arthrotec™, Voltaren™)	Nabumetone (Relafen™)
Etodolac (Lodine™)	Naproxen (e.g. Aleve™, Naprosyn™)
Ibuprofen (e.g. Advil™, Motrin™)	Oxaprozin (Daypro™)
Indomethacin (Indocin™)	Piroxicam (Feldene™)
	Sulindac (Clinoril™)

#### Be Aware:

- a. The selective COX-2 inhibitors like Celebrex™ are still NSAIDS and are not safer than traditional NSAIDS for the kidneys or the heart.
  - b. **Acetaminophen (e.g. Tylenol™) and aspirin (e.g. Bayer™) are not traditional NSAIDS and are relatively kidney safe when used in moderation.** Reasonable maximum daily doses are 2000 mg/day of acetaminophen (less if you consume alcohol regularly) and 325 mg/day of aspirin.
  - c. Many common pain pills contain acetaminophen in combination with other drugs. These quantities must also be taken into consideration when determining your total daily acetaminophen exposure.
2. When needing imaging studies like computerized tomography (CT) scans and angiograms, avoid iodine-based intravenous (IV) contrast dye. **Inform all of your health care providers of your chronic kidney disease and creatinine level, if you are requested to undergo an IV contrast procedure.** Non-contrast alternatives may be available. If an IV contrast procedure must be done, inform us or the ordering physician for specific recommendations to help protect your kidneys from contrast-induced kidney disease.
  3. If you have stage IV or stage V chronic kidney disease (CKD), avoid gadolinium-based intravenous contrast dye, commonly used in magnetic resonance (MRI/MRA) studies. Gadolinium contrast has been associated with a rare but serious condition of thickening and hardening of the skin and organs called nephrogenic systemic fibrosis.
  4. Other medications also require dose reductions or avoidance in individuals with CKD. Be sure to bring a complete list of your medications, *including over the counter and herbal or natural remedies*, to your medical appointments. We may also have specific dietary and fluid recommendations to help protect your kidneys.