How do you treat Chronic Kidney Disease? Information about medication, dialysis, and transplant.

What are some ways to treat CKD?
- Medications to help with swelling.
- Medications to help with energy and weakness.
- Medications to increase red blood cells.
- Changing the foods you eat and what you drink.
- Medications to make your bones stronger.
- Medications to help your blood pressure.
- Having a more healthy and active lifestyle.

How do kidneys get extra help in stage 5 CKD?
1. A kidney machine: called "dialysis"
   - Blood Dialysis (doctors call this "hemodialysis")
     - Blood leaves your body, gets cleaned by a machine and returns to you.
   - Belly Dialysis (doctors call this "peritoneal dialysis")
     - Fluid goes in and out of your "belly" to clean your blood.

2. A new kidney: called a "transplant"

Q: What is a transplant?
A: A transplant is a new kidney from someone else. It sounds weird, right? But it is OK! Most people with Stage 5 CKD get a transplant.

Q: How can you get a transplant?
A: Everyone has 2 kidneys. Sometimes people can give one of theirs to another person who needs one. You can get a kidney from an organ donor.

Q: How long can you keep your kidney transplant?
A: You can keep a kidney transplant for many years (10 - 12 if you can take care of it). It will last longer if you take your medicines!

Q: Can your new kidney stop working?
A: Yes, if you do not follow your doctor’s advice.

Q: What is the #1 cause of losing a kidney transplant?
A: Not taking your medicine!!!

Q: What happens if you lose your transplant?
A: You will need to go back to dialysis.
### Common Medications

<table>
<thead>
<tr>
<th>Drug</th>
<th>also known as ...</th>
<th>Primary purpose</th>
<th>Secondary purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amiodipine</td>
<td>Norvasc</td>
<td>Control blood pressure</td>
<td>Help kidneys function</td>
</tr>
<tr>
<td>Atenolol</td>
<td></td>
<td>Control blood pressure</td>
<td></td>
</tr>
<tr>
<td>Ciclosporin</td>
<td>Gengraf/neoral/sandimmune</td>
<td>Prevent rejection</td>
<td>Decrease protein in urine/protect kidney from scarring</td>
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<tr>
<td>Enalapril</td>
<td>Vasoed</td>
<td>Control blood pressure</td>
<td>Decrease protein in urine/protect kidney from scarring</td>
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<tr>
<td>Ferrous Sulfate</td>
<td></td>
<td>Iron replacement that helps your body</td>
<td>Increase red blood cells</td>
</tr>
<tr>
<td>Hydrochlorothiazide</td>
<td>Hydrodiuril</td>
<td>Control blood pressure</td>
<td>Prevent rejection</td>
</tr>
<tr>
<td>Imuran</td>
<td>Azathioprine</td>
<td>Control blood pressure</td>
<td>Prevent rejection</td>
</tr>
<tr>
<td>Losartan</td>
<td>Furosemide</td>
<td>Control blood pressure</td>
<td>Treat fluid build-up/reduce swelling</td>
</tr>
<tr>
<td>Lisinopril</td>
<td></td>
<td>Control blood pressure</td>
<td>Increase protein in urine/protect kidney from scarring</td>
</tr>
<tr>
<td>Pepcid</td>
<td>Famotidine</td>
<td>Decrease amount of acid made in the stomach</td>
<td>Treat ulcers and GERD</td>
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<tr>
<td>Plaquenil</td>
<td>Hydroxychloroquine</td>
<td>Reduce skin problems in lupus and prevent swelling</td>
<td></td>
</tr>
<tr>
<td>Prednisone</td>
<td>Prograf</td>
<td>Prevent rejection</td>
<td></td>
</tr>
<tr>
<td>Renagel</td>
<td>Sevelamer</td>
<td>Prevent the body from absorbing the phosphorus from the food you eat</td>
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<tr>
<td>Sodium bicarbonate</td>
<td></td>
<td>Make blood or urine less acidic</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
<td>Help with calcium absorption and keeps bones strong and health</td>
<td></td>
</tr>
</tbody>
</table>

Since your kidneys do not filter as well as they used to, you need to be careful about all the medicines you take.

Some medicines can also harm your kidneys. Make sure you ask your doctors which medicines are unsafe!

Your doctor can help you make sure that you are taking the right medicines and in the right amounts.

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### Make a list of your medicines!

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8.

### Now make a list of what they do!

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8.