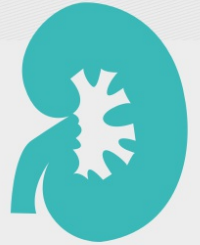


How do you treat Chronic Kidney Disease?

information about medication, dialysis, and transplant



WHAT ARE SOME WAYS TO TREAT CKD?

- Medications to help with swelling. 
- Medication shots to increase red blood cells. 
- Medications to help with energy and weakness. 
- Changing the foods you eat and what you drink. 
- Having a more healthy and active lifestyle. 
- Medications to help your blood pressure. 
- Medications to make your bones stronger. 

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"

Kidney transplants are like keys and keyholes. Only a few special keys will turn the keyhole to your front door. Only a special kidney will fit and work in your body.

People who need a transplant may have to wait a long time before they find the right one.



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

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



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.

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.

