

Protecting your kidneys



Recommended Medications

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Having well controlled blood pressure and blood sugars (if you have diabetes), helps reduce further kidney damage.

This can be best achieved with lifestyle change and medications.



Angiotensin-converting enzyme (ACE) inhibitor:

Angiotensin-converting enzyme inhibitors (ACEi) or Angiotensin receptor blockers (ARB) i.e. Drugs ending in “pril” or “sartan” e.g. Ramipril / Lisinopril OR Losartan / Candesartan.

Aim:

To get you on the maximum dose, as this has been shown to give the greatest protective effects.

Why:

- Reduce your urine protein (albumin) leak
- Reduce your risk of heart attacks and strokes by up to 30%
- Reduce kidney damage

Who:

- If you have a urine protein (albumin) leak with reduced kidney function.
- If you have high blood pressure.

How:

They reduce the pressure in your kidneys. Due to this, sometimes your kidney function initially drops a little at first, so we check your kidney function after 2 – 4 weeks. In the longer term, they have been proven to protect your kidneys.

Main side effects:

- Dry, tickly cough
- Headaches
- Vomiting or diarrhoea
- Feeling dizzy
- RARELY: Allergic reaction (swelling of your face, mouth or tongue, difficulty breathing)

Sick day rules

If you have an illness or infection, stop this medication until you feel better!



Sodium Glucose Co-transporter Receptor 2 Inhibitors (SGLT2i):

i.e. Drugs ending in “flozin” e.g. Dapagliflozin or Empagliflozin.

Aim:

Works best when added on to an ACEi or ARB at maximum dose.

Why:

- Reduces urine protein (albumin) leak.
- Further reduces damage to the kidneys
- Reduces the risk of life-threatening heart attacks and strokes

Who:

- People with a urine protein (albumin) leak, with kidney function between 25-75%

How:

It reduces pressure in the kidneys. This can help to reduce protein leak and slow kidney damage.

Main side effects:

- Peeing more than normal
- Feeling thirsty
- Feeling dizzy
- Back pain
- Increased chance of urine infections
- Mild skin rash

low on insulin. It can make you feel sick, thirsty and tired

- Allergic reaction
- **Very Rare (roughly 1 in 100,000 people):** Fournier’s gangrene: You may experience severe pain, tenderness, redness, or swelling. This may be in the groin or area between the legs. You may also have a high fever or feel very unwell.

Rare:

- Diabetic ketoacidosis (if you have diabetes): your blood becomes more acidic as you run

Sick day rules

If you have an illness or infection, stop the ‘flozin’ until you feel better!

STATIN
Tablets

28
Tablets

STATIN 40 mg



Statin:

e.g. Atorvastatin or Simvastatin

Aim:

For everyone with less than 60% kidney function to be on a statin.

Why:

- Statins Lower the risk of cardiovascular disease when taken for a long time.

Who:

- All people with kidney function less than 60%.
- Statins may lower your risk of cardiovascular disease even if your cholesterol is normal.
- AND People with greater risk of cardiovascular disease.

How:

They reduce the amount of 'bad' cholesterol in your blood. This reduces the risk of plaque building up in your blood vessels. They reduce inflammation in some of your arteries.

Main side effects:

Common:

- Headache
- Feeling tired
- Feeling sick
- Dizziness
- Indigestion
- Affected sleep

Rare:

- Irritation of the liver (hepatitis)
- Muscle weakness
- Numbness in hands or feet
- Skin problems
- Muscle pain: Muscle swelling and damage

Sick day rules

If you have an illness or infection, stop the 'flozin' until you feel better!

The Point-of-Care (POC) Kidney Clinic



Useful links

ACE Inhibitors
National Kidney Foundation



SGLT2 inhibitors
National Kidney Foundation



What are statins?
National Kidney Foundation



What should I read next? 6 – Point-of-care kidney testing

