



Chronic Kidney Disease: **Medicines to Avoid/Okay to Take/Antibiotics**

Medicines and Other Substances to AVOID when you have kidney disease:

- NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) such as Ibuprofen (Advil or Motrin), Naproxen (Naprosyn, Aleve), Aspirin (unless prescribed by your heart doctor); Often included in over-the-counter (OTC) cold and cough remedies; Check list of ingredients on label.
- Decongestants used for cold symptoms such as Pseudoephedrine (Sudafed) if you have high blood pressure/hypertension
- Antacids and laxatives with magnesium, phosphorus and aluminum such as Mylanta, Milk of Magnesium, Amphogel, Fleets products
- Alka Seltzer or baking soda/"bubbling" products for indigestion
- Herbal medicines and remedies
- Vitamin and diet/food supplements
- Contrast dye studies such as CT scans or MRI scans with contrast – Alert doctors and nurses that you have kidney disease if you go to the Emergency Room (ER) or go to see another doctor
- Salt substitutes since they contain potassium

Medicines and Other Substances that are OKAY to take when you have kidney disease:

- For pain: Acetaminophen (Tylenol) or products containing Tylenol (as long as you do not exceed the recommended total daily dosage listed on the medicine label)
- For stuffy nose/cold symptoms: try saline nose drops/spray
- For indigestion, try Prilosec OTC (over the counter)
- For constipation, start with stool softeners, can use Miralax if needed
- For seasoning of foods, can use fresh herbs, pepper, onions, garlic, Mrs. Dash or lemon or lime juice

Antibiotics with Kidney Disease:

If you need to receive any antibiotics, the dose may need to be adjusted and likely decreased to match your lower kidney function. Some antibiotics are safe to take when you have kidney disease and others should be avoided. You should check with your regular doctor or kidney doctor about any new medications, especially antibiotics.