



Common CKD Medicines: A Guide to Your Medicines

Here are common medicines used for the treatment of Chronic Kidney Disease (CKD):

<u>Type of Medicine (Examples)</u>	<u>Why it is Important/Helpful Hints</u>	<u>Name of your medicine(s)</u>
<p>Blood pressure (BP) medicines <u>ACEIs</u> = Angiotensin Converting Enzyme Inhibitors; Drug names end in -pril <u>ARBs</u> = Angiotensin Receptor Blockers; Drug names end in -sartan *Other types of BP medicines: Beta Blockers: end in -lol Alpha blockers Calcium Channel blockers: end in -pine Diuretics/"Fluid pills"</p>	<p>Protects kidney function by taking pressure off of kidneys - Most persons will need more than one BP medicine</p>	<p>_____</p> <p>_____</p> <p>_____</p>
<p>Red Blood Cell (RBC) "boosters" (EPO, Aranesp)</p>	<p>Helps boost your RBC level (Hemoglobin) to more normal level; for your energy level</p>	<p>_____</p>

Iron supplements

(Ferrous sulfate)

Needed to make enough red blood cells and help RBC “boosters” to work
*If on phosphate binders, take iron between meals/2 hours away from phosphate binders;
Can cause constipation/may need stool softeners

Vitamin D supplements

(Rocaltrol/ Calcitriol, Hectoral, Zemplar, Drisdol, Over-the-counter Vitamin D)

Helps with keeping calcium levels normal, for healthy bones

Phosphate binders

(PhosLo, Fosrenol, Renvela, Tums)

Binds to phosphorus in foods we eat, to keep levels normal, for healthy bones
*Take with meals and/or snacks within first 10 minutes of eating

Renal Vitamin

(Nephrovite, Nephrocaps)

To keep you healthy with needed vitamins and folic acid to make red blood cells

Sodium Bicarbonate

To keep your body in balance; a buffer for waste products (acids) from kidney disease

Other medicines: