



'SICK DAY' PREVENTION: ACUTE KIDNEY INJURY (AKI)



People with Chronic Kidney Disease (CKD) or Heart Failure (HF) have a greater chance of getting an AKI. Knowing what to do if you are sick with vomiting, diarrhea, or fever for more than 24 hours is an important part of prevention.

What is Acute Kidney Injury (AKI)?

AKI is when your kidneys quickly stop working. Your kidneys are important for getting rid of waste and keeping chemicals in your body balanced.

What can cause AKI?

AKI can happen when there is less blood flowing to your kidneys. This can take place if you are sick and salt and water leaves the body quickly (e.g. vomiting, diarrhea, fever, sweats or shaking).

What can I do if I'm sick?

If you have CKD or HF and have a sickness for more than 24 hours that causes vomiting, diarrhea, fever, sweats or shaking:



- Drink lots of liquid until you feel better. Drink at least 7 cups of water, tea, broth, or Gatorade per day. If you can't keep fluids down, take small sips of water often. If you have restrictions on how much you should drink in a day, call your doctor to discuss.
- If your doctor tells you it's okay, stop medications that may increase your chances of AKI until you feel better (see below).

ACE Inhibitors

names ending in 'pril'

- Lisinopril (Prinivil, Zestril), ramipril (Altrace), enalapril (Vasotec)

ARBs

names ending in 'sartan'

- Losartan (Cozaar), candesartan (Atacand), irbesartan (Avapro), valsartan (Diovan)

NSAIDs

anti-inflammatory painkillers

- Ibuprofen (Advil, Motrin, Midol), naproxen (Aleve, Naprosyn, Midol), meloxicam (Mobic), indomethacin (Indocin)

Water Tablets

- Hydrochlorothiazide (HCTZ), chlorthalidone (Thalitone), metolazone (Mykrox, Zaroxolyn), indapamide (Lozol), furosemide (Lasix), bumetanide (Bumex), torsemide (Demadex), spironolactone (Aldactone), eplerenone (Inspra), amiloride (Midamor), triamterene (Dyrenium)

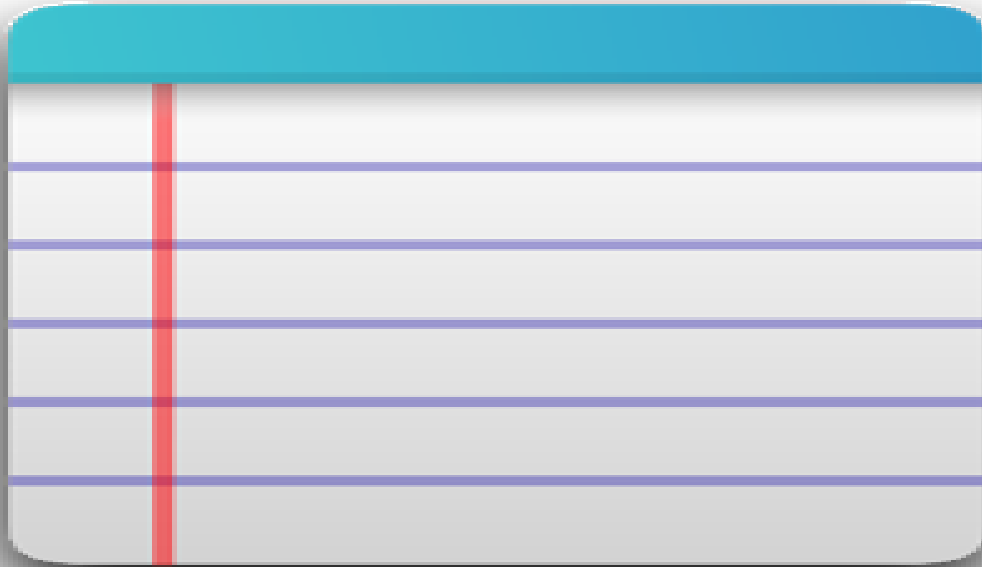
Diabetes Medication

- Metformin, empagliflozin (Jardiance), canagliflozin (Invokana), dapagliflozin (Farxiga)

This list does not have all medications

Speak to your doctor or pharmacist if you have any questions.

List of medications to stop when you are sick:



Restart medications when you are well!

*24-48 hours of eating and drinking
normally*

*If symptoms persist or worsen after 48
hours, call your doctor.*



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