

There are a number of organisations that provide support and advice for people and their families with acute kidney injury.

NHS Choices

<https://www.nhs.uk/conditions/acute-kidney-injury>

Kidney Care UK

<https://www.kidneycareuk.org>

The National Kidney Federation

<https://kidney.org.uk>

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Southport Hospital
Town Lane Kew,
Southport, PR8 6PN
Telephone: 0170 454 7471

www.MerseyWestLancs.nhs.uk

Sick day guidance for patients at risk of acute kidney injuries

A guide for patients, carers & family members

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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About acute kidney injury

You have been given this information leaflet because you, someone you care for or a family member is at risk of an Acute Kidney Injury (AKI).

AKI is a sudden drop in kidney function, which means that your kidneys do not work as well as they should. This can range from a small loss of function to complete failure.

AKI normally happens as a complication of another condition.

AKI does not mean that you have hurt your kidneys in the same way that you can hurt other parts of your body e.g. by falling over or getting hit.

In AKI your kidneys temporarily do not work as well as they should, but usually get better without any long term problems. However, it is important to detect it early and treat promptly.

Your medication list

Your healthcare professional can write your medication in the table below, with recommendations of what to do when you are unwell as described in this leaflet.

Medication	Guidance when unwell
Non-steroidal anti inflammatory drugs (eg ibuprofen and naproxen)	These are commonly prescribed and bought medication that can affect the kidneys if taken when unwell and dehydrated. Do not take these whilst unwell unless directed by a healthcare professional.

If after 48 hours you feel no better, please contact a healthcare professional as soon as possible. If after 48 hours you feel better your medication can be restarted as normal.

Never change, stop or start medication without speaking with a healthcare professional first.

Healthy kidney advice

Healthy kidney advice is designed to keep your kidneys working to the best of their ability for as long as possible.

In addition to the advice below, your healthcare professional may discuss specific examples related to you and your kidneys.

- Maintain a healthy weight
- Do not smoke or vape
- Eat a balanced diet
- Maintain adequate fluid intake (healthcare professionals can advise on this further)
- Ensure blood pressure is well controlled - checks can be carried out by local pharmacists
- Drink alcohol in moderation - current guidance is no more than 14 units per week for men and women. More information can be found on the NHS website.

Ensure regular medication reviews take place, at least annually with your GP.

This leaflet should be shown to any healthcare professionals you interact with whilst unwell.

Medication and the kidney

Many of the medications we take can affect the kidney.

Some of these are very beneficial when you are well. However if you become unwell they can become harmful.

Medication used for many different conditions are removed from the body by the kidneys.

Advice regarding your medication should only be taken from a trained healthcare professional, who is familiar with your conditions and medications.

If you have any questions or concerns regarding medication, you can contact your local pharmacist or general practice.

Sick day guidance

This guidance is only to be followed by the patient who the leaflet has been given to. Your healthcare professional will make tailored recommendations based on your individual needs, risks and medication.

The guidance is designed to be followed when you are acutely unwell. This includes but is not limited to:

- Vomiting more than once in 24 hours
- Diarrhoea more than once in 24 hours
- Fever and sweats causing a decrease in daily activities
- Feeling unwell enough to not want to eat or drink

If any of these symptoms persist for more than 48 hours, you must seek urgent medical advice. This could be from:

- NHS 111
- Local pharmacist
- GP surgery
- Urgent care/walk-in centre
- Emergency department if required

Information is also available on the NHS website.

In the event of serious illness or injury consider contacting 999 or attending an Emergency Department

Applying the guidance

What is not covered by this guidance:

- Changes to regular medication
- Annual medication reviews
- Change in circumstances
- Medical advice in serious illness

A conversation will take place or will have already taken place between your healthcare professional and you or with someone in a carer role.

This conversation should cover how to use this guidance and give opportunities for questions.

On page 6 is your tailored plan, as discussed with your healthcare professional.

If your medication or condition changes, this guidance will need to be reviewed again at that stage. This can be carried out by either your GP or by a specialist clinic such as a kidney clinic.

If you are ever unsure of the guidance or feel worse after following it, please contact a healthcare professional as soon as possible.

This guidance covers temporary changes to medication and should never be applied for more than 48 hours without consulting a healthcare professional.