

Some useful numbers:


James Paget Heart Specialist Nurse
01493 452547


James Paget Renal Specialist Nurse
01493 452422

James Paget Diabetic Nurses
01493 453373 (please leave message)

Out of Hours please call 111

Please write down any advice you are given here:



James Paget University Hospitals 
NHS Foundation Trust

<p>Courtesy and respect</p> <ul style="list-style-type: none">• A welcoming and positive attitude• Polite, friendly and interested in people• Value and respect people as individuals <p>So people feel welcome</p> <p>Attentively kind and helpful</p> <ul style="list-style-type: none">• Look out for dignity, privacy & humanity• Attentive, responsive & take time to help• Visible presence of staff to provide care <p>So people feel cared for</p>	<p>Responsive communication</p> <ul style="list-style-type: none">• Listen to people & answer their questions• Keep people clearly informed• Involve people <p>So people feel in control</p> <p>Effective and professional</p> <ul style="list-style-type: none">• Safe, knowledgeable and reassuring• Effective care / services from joined up teams• Organised and timely, looking to improve <p>So people feel safe</p>
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INTRAN
communication for all

The hospital is able to arrange for an interpreter to assist you in communicating effectively with staff during your stay through INTRAN. If you need an interpreter or a person to sign, please let us know.

If you require a large print version of this booklet, please contact PALS on 01493 453240

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James Paget University Hospitals NHS Foundation Trust

Drugs and your kidneys



Information for patients who have been admitted with Acute Kidney Injury

What is Acute Kidney Injury?

This is a condition where your kidneys cannot get rid of toxins and excess salts into your urine.

If left untreated it can lead to permanent damage to your kidneys. It can also stop your heart, lungs, brain and other organs from working properly.

You can help to prevent Acute Kidney Injury at home by not taking certain medicines on days you are unwell.

Easy ways to take care of yourself when you are ill:

Drink water. We recommend you drink at least seven cups of fluid per day, or 1.5 litres. If you are feeling sick, try drinking little and often. Any fluid counts even squash, fruit juice, milk or tea. If your doctor has given you a limit to how much you should drink, keep to that limit instead.

Avoid alcohol. Alcohol makes you lose water faster by making you pass water quicker.

If you are ill for more than two days – for example, you:

- develop a fever or
- have vomiting or diarrhoea or
- are not eating and drinking well or
- are treated for an infection

Do not take the following medicines:

Blood pressure medicines ending in “pril” or “sartan” e.g. ramipril, lisinopril, enalapril, perindopril, losartan, candesartan, irbesartan, valsartan

Water tablets (diuretics) such as furosemide, bumetanide, spironolactone, metolazone, eplerenone, bendroflumethiazide, indapamide

Metformin or medications containing metformin

NSAID painkillers such as ibuprofen, naproxen, diclofenac, celecoxib, etoricoxib, meloxicam, etodolac, indomethacin (**paracetamol is fine**).

Restart these medications three days after your illness gets better.

Do not stop taking your normal insulin when you are unwell.

If you are looked after by a specialist nurse:

Please phone them if you are unwell – they may have advice about which medicines to stop. Some useful numbers are on the back of this page.

Talk to your GP if:

- you are passing much less urine than normal
- your diarrhoea or vomiting is continuing for more than a few days
- you are unable to keep any fluids down

They may need to take blood tests to check your kidney function.