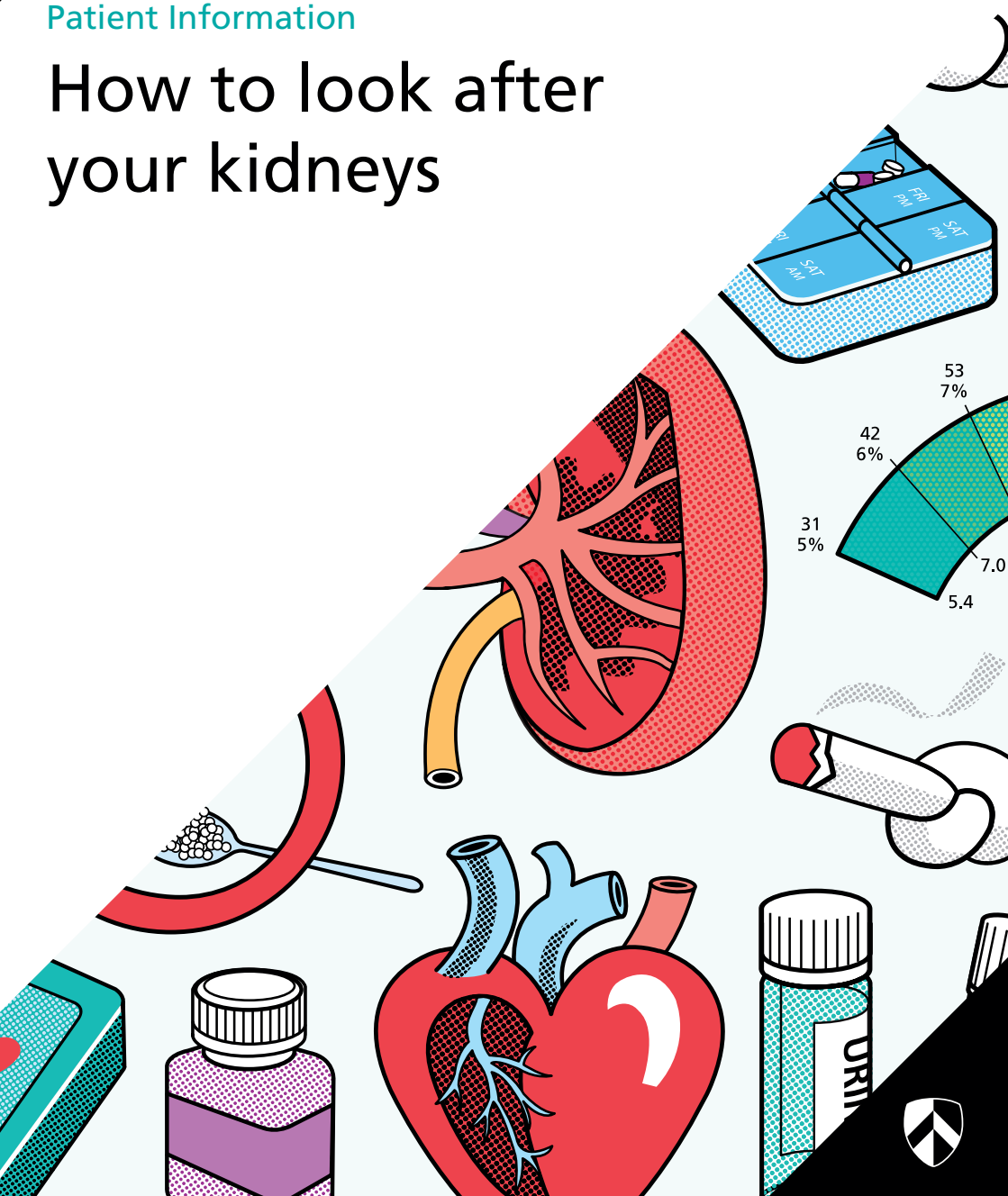
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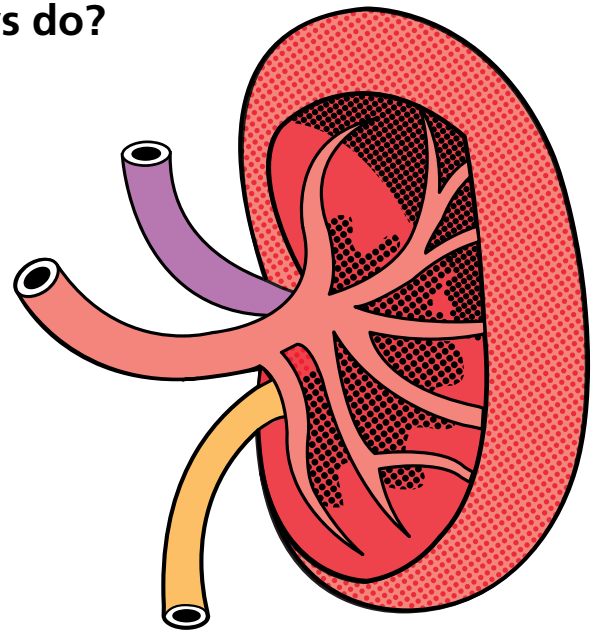
Patient Information

How to look after your kidneys



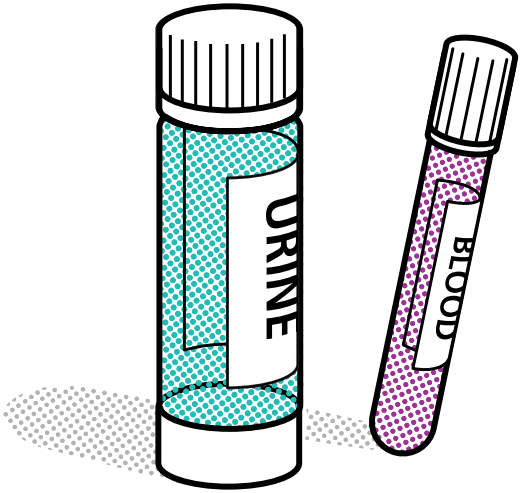
What do your kidneys do?

- Your kidneys make urine (pee)
- They take away waste from your blood
- They control the amount of water in your body



How do we find out that you have a kidney problem?

- We can measure the amount of waste in your blood
- We can measure the amount of protein in your urine



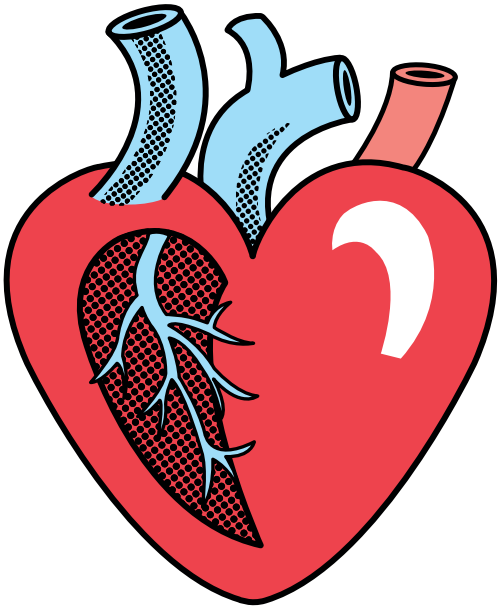
What causes kidney problems?

- Damaged blood vessels in your kidneys can stop them working properly
- This is often caused by diabetes or high blood pressure and also happens as we get older

Why does it matter?

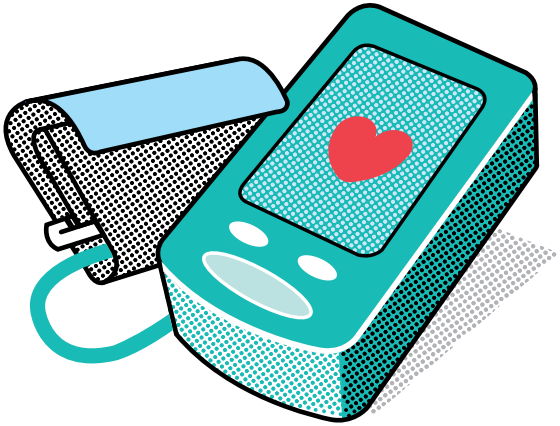
- Things that help your kidneys can reduce your risk of having a heart attack or stroke

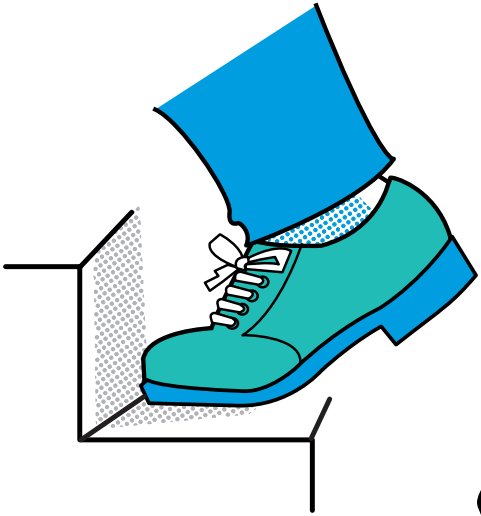
You can reduce this risk by looking after yourself



You can help your kidneys by:

- Controlling blood pressure



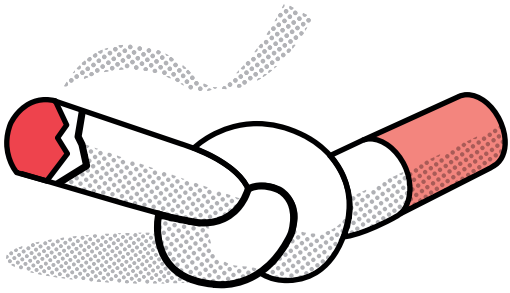


- Exercising

- Cutting down on salt



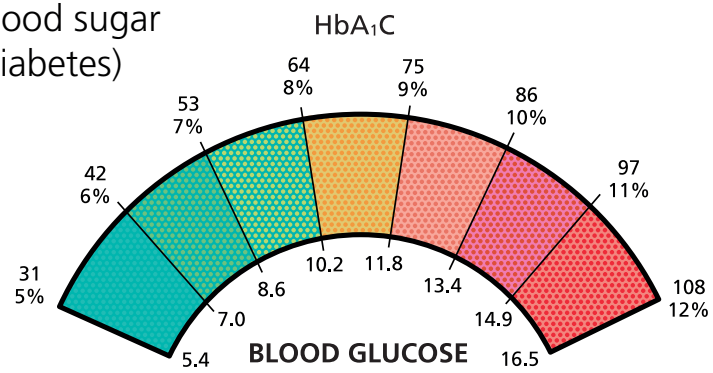
- Stopping smoking



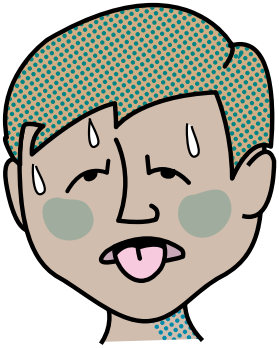


- Eating healthy food

- Controlling blood sugar (if you have diabetes)



What should I do when I am unwell?



If you have:

Diarrhoea

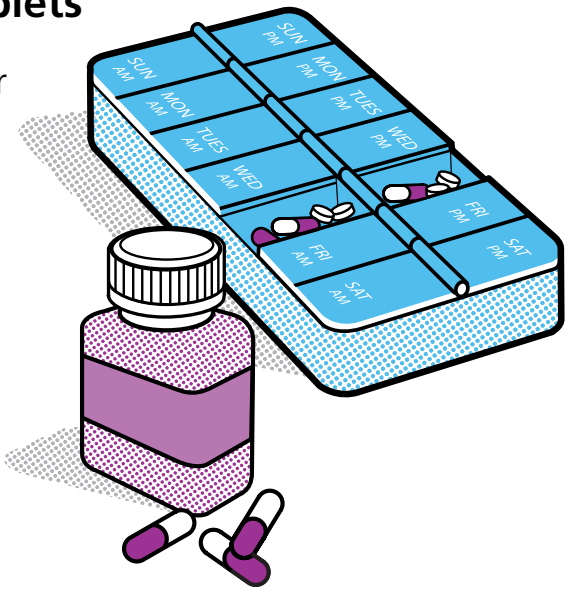
Vomiting

Infection

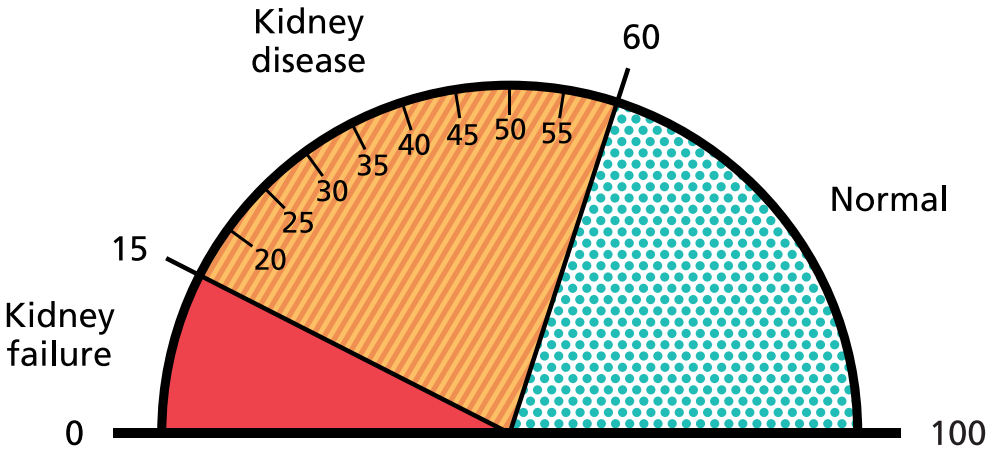
- Drink more water
- Speak to your Pharmacist, Practice Nurse or GP if this lasts more than 24 hours

Taking care of my tablets

- Let your GP know if your tablets don't suit you
- Before you start taking any new tablets, check with your GP or a Pharmacist who knows you



What is my kidney number?



What's your kidney number (GFR)

Do I know my...

Kidney number

Blood pressure

HbA_1C

More information...

You can find more information on our website: **www.bartshealth.nhs.uk** and on the Think Kidneys website: **www.thinkkidneys.nhs.uk**

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on **020 3594 2040** or visit **www.bartshealth.nhs.uk/pals** Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team. For help interpreting this leaflet in other languages, please ring **020 8223 8934.**

Barts Health NHS
NHS Trust

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