

## Self Management in Chronic Kidney Disease

1. Keep salt levels in the diet low, avoid salt replacement products that are high in potassium (e.g. LoSalt) as these can put strain on the kidneys.
2. A new illness such as an infection or diarrhoea and vomiting can upset the kidneys; your doctor can advise you on how to prevent this.
3. It is important to keep drinking plenty of clear fluids, especially if you become unwell.
4. If you are having difficulty passing urine or you have passed much less urine than usual tell your doctor.
5. If you have arranged to see your doctor please try to have a urine sample ready as this is very helpful in checking on the kidneys.
6. You may be advised to stop some of your usual drugs during a period of illness.  
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7. Do not smoke.
8. Keeping physically active, having a healthy diet and not being overweight also help protect the kidneys.
9. Do not take drugs such as ibuprofen without discussing it with your doctor as these can cause kidney damage.
10. Avoiding eating meat for 12 hours before a blood test for your kidneys helps to give a more accurate picture of how well your kidneys are functioning.
11. Keeping the blood pressure less than 140/85 is ideal but if you check your blood pressure at home and it is much lower e.g 100/60 please tell your doctor.