

BMDA Kidney Care

During your kidney surgery, your doctor may have removed a part or all, of one of your kidneys. Follow the guidelines below to take care of your remaining kidney(s).

Drink Water

Stay hydrated by drinking water. This helps by reducing stress on your kidneys. Water helps your kidneys rid waste products from your blood stream. The kidneys help make urine.

How much water is enough? If your urine is clear or very light yellow, this is a sign that you are drinking enough water and fluids.



If you have kidney (renal) failure, do not drink excessive amounts of water. Drinking too much water can lead to high blood pressure and adds stress on the heart. Check with your doctor if you are unsure about your kidney health and much fluid to drink.

Blood Pressure

The kidneys help maintain blood pressure. High blood pressure places added stress on your heart and kidneys. This may lead to decreased kidney function. Help maintain good kidney function:

1) Have follow-up visits with your health care provider; and 2) monitor your blood pressure at home.

Diabetes



Diabetes mellitus can permanently damage the kidney's filtration system. If diabetes is not controlled, it can eventually lead to end-stage renal disease and dialysis. It is very important to closely monitor blood sugar levels. If you have diabetes, please discuss this with your primary care doctor.

Diet

Having one kidney or part of one kidney doesn't necessarily mean you must follow a strict diet. However, limiting your intake of the following will help your remaining kidney(s) function properly:

- Protein
- Sodium (salt)
- Alcohol
- Caffeine

Protein

Protein helps your body create and maintain healthy muscle tissue. Too much protein, however, can place an added burden on your kidneys and impair kidney function. A healthy, well-balanced diet with reduced protein intake is safe. For most adults, 40-60 grams of protein daily is recommended. Ask to see a dietitian for more information on your daily protein needs.

NSAIDS

High doses of non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen®, Motrin®, Advil®, Aleve® and Naprosyn® can, in some people, damage renal function or cause acute renal failure. If you have chronic pain, such as back pain, and you've previously taken high doses of these medicines for pain relief, please tell your health care team.

For general pain relief, it is okay to take over-the-counter acetaminophen products such as Tylenol®, as directed on the bottle. Otherwise, if your kidney function is within normal limits and you took NSAIDS before surgery without a problem, it is usually okay for you to take 200-400 milligrams (mg) for a headache, pain or discomfort.

Chronic Kidney Disease

Older adults and those with a history of high blood pressure, diabetes or kidney stones may develop worsening kidney function. This is called renal insufficiency or chronic kidney disease (CKD). Having a tumor in the kidney or kidney cancer is not the same as CKD. A urologist can perform a complete evaluation to check for CKD. Some treatments for kidney cancer may affect kidney function, enough to cause CKD or worsen it. Patients with CKD may need dialysis during their treatment. You may also need follow up with a Nephrologist.

Resources

Kidney Cancer Association

800-850-9132

<http://www.kidneycancer.org>

The Kidney Cancer Association (KCA) is a global organization that funds, promotes and collaborates with other institutions on research projects. The KCA educates families and doctors and serves as an advocate on behalf of patients at the state and federal levels.

National Kidney Foundation

800-622-9010

<http://kidney.org>

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for healthcare professionals, patients and Americans at risk.

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