

Kidney Care & CKD Precautions

Protect kidney function and avoid common preventable harm

Kidney-protective habits

- Control blood pressure and diabetes.
- Review medicines and supplements with your clinician.
- Avoid frequent unsupervised NSAID painkiller use, especially during dehydration or illness.
- Follow individualized salt, protein, potassium and fluid advice if CKD is established.
- Keep follow-up for creatinine/eGFR and urine protein when advised.

Marked reduction in urine, severe swelling/breathlessness, persistent vomiting, confusion or rapidly worsening kidney tests need prompt medical assessment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.