

# What to Avoid to Help Your Kidneys

If my kidneys are not working well, which medicines I buy in stores should I NOT use?



## Read Your Labels

---

Sudafed should not be used very often

Ibuprofen or Naproxen, these are often in cold medicines

Medicine that has magnesium in it, for example medicines for gas or indigestion or constipation

Medicines that have phosphorus in them. A Fleets enema has phosphorus in it.

Medicines that have bismuth in them such as pepto or kayopectate.

Medicines with aluminum in them like Maalox, Roloids, etc. Consider using a water filter at home since it might be in your water.

Goody's powders, Stanback powder, BC powder

Medicine like TUMS that have calcium in them.

Zantac and Tagamet are also hard on your kidneys so talk about this with your healthcare provider to see what else you can do to help your stomach feel better such as losing weight.

Taking too much Vitamin D can increase the chances of kidney stones.

Salt substitutes with potassium in them.

Brown colored sodas.

When in doubt, make sure you tell your healthcare provider what you are taking so that they can help you decide the best way to take care of you!