

## Kidney Care

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

### Drink Water

Staying hydrated by drinking water will reduce stress on your kidneys. Water helps your kidneys rid waste products from your blood stream in order to 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 status.

### Blood Pressure

The kidneys help maintain blood pressure by regulating the amount of fluid in your body and by filtering waste products from your blood stream. High blood pressure places added stress on your heart and kidneys and may lead to decreased kidney function. Routine follow-up visits with your health care provider and monitoring your blood pressure at home will help maintain good kidney function.

### Diabetes



Diabetes mellitus can cause permanent damage to the kidney's delicate filtration system. If diabetes is uncontrolled, it can eventually lead to end-stage renal disease and dialysis. Therefore, close monitoring of blood sugar levels and strict management of diabetes are important. If you have diabetes, please discuss this with your primary care doctor.

### Sensible 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 (see "Protein Intake" on page 2)

- Sodium (salt)
- Alcohol
- Caffeine

## **Protein Intake**

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. Ask your nurse for a copy of “Calorie and Protein Counter”.

## **NSAIDS**

High doses of non steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen<sup>®</sup>, Motrin<sup>®</sup>, Advil<sup>®</sup>, Aleve<sup>®</sup> and Naprosyn<sup>®</sup> 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. We may refer you to the Pain Clinic.

For general pain relief, it is okay to take over-the-counter acetaminophen products such as Tylenol<sup>®</sup>, 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 individuals and those with a history of high blood pressure, diabetes or kidney stones may develop worsening kidney function, which 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 at some point in their treatment.

## **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.