

Pain Management and Kidney Disease

Medications that are okay for people with healthy kidneys can cause problems for those with kidney disease.

One of the most common kinds of medications to avoid are called **NSAIDs (non-steroidal anti-inflammatory drugs)**.

These drugs can make your kidney disease worse.

Your doctor may prescribe you aspirin for reasons other than pain. If prescribed by a doctor, aspirin is okay.

Ask your healthcare provider before starting or stopping any medications.

What can I take for pain when I have kidney disease?

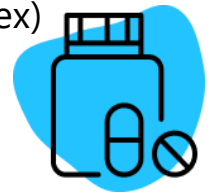
The best option for minor pain control when you have kidney disease is acetaminophen (Tylenol). Acetaminophen is safe when taken as directed, with no more than 3000mg a day.

TIP: Read the label of all over-the-counter medications you take. Some combination products may contain NSAIDs or acetaminophen, even though they are not the primary ingredient.



What are some common **NSAIDs**?

- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve, Naprosyn)
- Diclofenac (Voltaren)
- Celecoxib (Celebrex)
- Aspirin



The National Kidney Foundation of Michigan offers a Chronic Pain PATH workshop.

Chronic Pain PATH is a no-cost, six-week workshop led by trained leaders. The workshop helps people living with chronic pain manage their health conditions. It can help you live a healthier, more enjoyable life.

Learn more at www.nkfm.org/PATH



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