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KIDNEY SAFETY:

This is a simple list of ways to keep the kidneys healthy, particularly if you have some reduced function that has been noted on blood testing.

AVOID EXCESS PAIN MEDICATIONS:

Too much Tylenol, Advil, Aleve or any other NSAID (anti-inflammatory medication) can have negative effects on the kidneys. When used in high dosages for a short term, there can be temporary reductions in kidney function that occur but which will reverse upon stopping the medications.

Long-term usage of such medications, for months or years, can have lingering negative effects on the kidney function.

I recommend:

- Use the least amount of these medications that is effective.
- Use for the shortest time that is effective
- Do not avoid these medications if they are very effective in treating your symptoms, just make sure you use them safely.
- Proper doses recommended:
 - Tylenol (Acetaminophen): No more than 4,000mg daily on average, over the long-term. Try to use the least possible and do note that Tylenol is present in other pain pills including Vicodan (hydrocodone) and Percocet (Oxycodone) among others.
 - Advil (Ibuprofen): No more than 2,400 mg daily on average, over the long-term. Do be aware if you are over 60 then consider a stomach protector (Prilosec or similar) if you are taking these for longer than 2 weeks continuously.
 - Aleve (Naproxen): No more than 1,000mg daily on average, over the long-term.

AVOID X-RAY DYE TESTING WHEN POSSIBLE (injection of iodine containing dye):

Although uncommon as a kidney irritant, these injections can negatively affect the kidneys and can cause reduced kidney function. Using dye with testing is often necessary with CAT scanning, but do ask if it is necessary and avoid it when possible.

Note that MRI injections do not have this negative effect on kidney function.

COLONOSCOPY PREPARATIONS:

Avoid certain colon preparations that have a potential to reduce the kidney function. These include: Fleet's Phosphosoda and Visicol (20+ tablets combined with high volumes of liquid) Both of these preparations can injure the kidneys so I recommend avoiding them and using the 'big jug' which is either Golytely or Nulytely.