



PATIENT EDUCATION

*Common Medications to Use and Avoid
When You Have Kidney Disease*

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BARBARA WOODWARD LIPS
PATIENT EDUCATION CENTER

Know What Medicines are Safe and Not Safe

When you have kidney disease, it is important to know what medicines typically are safe for you and the ones that are not. This resource teaches you about common medications, such as those for a cold virus or for pain. It lists medications and tells you which ones are typically safe to use and which ones are not typically safe to use with your condition. Not all medications are listed here.

Not all medications are safe for all people. Sometimes you cannot safely use some medications because of health issues. After you read this, talk to your health care provider if you have questions about which medicines are safe for you. Always take medicines as you have been told.

Pain Medications

Pain medications typically safe to use

The following over-the-counter pain medications typically are safe for you to take.

- Acetaminophen, such as Tylenol™ or a generic brand.
- Arthritis pain reliever with acetaminophen.
- Sport rubs that are non-aspirin, such as Bengay™ or Tiger Balm™.

If you take a prescription pain reliever, it also may have acetaminophen in it. Do not take more than 3000mg of acetaminophen in 24 hours.

NSAIDs are not safe to use

Do not take non-steroidal anti-inflammatory drugs, also called NSAIDs.

Over-the-counter NSAIDS

The following are NSAIDS that can be purchased over the counter. They are not safe to use when you have kidney disease.

- Ibuprofen, such as Advil™ and Motrin™.
- Naproxen, such as Aleve™ and Naprosyn™.
- Aspirin for pain relief. However, low dose aspirin between 81mg and 325 mg, taken once a day as a blood thinner, typically is fine for most people.

NSAIDS that need a prescription

Talk to your kidney care provider before you start any new prescription. The following NSAIDS are prescriptions that typically are not safe for you to use.

- Ketorolac, such as ToradolTM and AcularTM.
- Diclofenac, such as VoltarenTM and ZipsorTM.
- Celecoxib, such as CelebrexTM.

Common Cold Medication

Cold medications typically safe to use

The following medications typically are safe for you to use.

- Antihistamines:
 - Loratadine, such as Claritin™ and Alavert™.
 - Fexofenadine, such as Allegra™ and Mucinex™ Allergy.
 - Cetirizine, such as Zyrtec™ and All Day Allergy™.

Talk to your health care provider before you use Allegra or Zyrtec. You may need to take a lower dose.

- Diphenhydramine, such as Benadryl™ and ZzzQuil™.
- Dextromethorphan and guaifenesin, such as Robitussin™ DM and Mucinex™ DM.
- Guaifenesin, such as Robitussin™ and Mucinex™.
- Chlorpheniramine, such as Chlor-Trimeton™ and Aller Chlor™.
- Steroid nasal spray, such as Nasonex™ and Flonase™.

Cold medication typically not safe to use

The following medications typically are not safe to use when you have kidney disease. This is because they may increase your blood pressure.

- Decongestants:
 - Pseudoephedrine, such as Sudafed™, Actifed™, Comtrex™, and NyQuil™.
 - Phenylephrine, such as Neo-synephrine™ and Sudafed PE™ Nasal Decongestant.
 - Oxymetazoline, such as Afrin™ and Zicam™ Sinus Relief.
 - Naphazoline, such as Naphcon-A™ and Privine™.
- Tetrahydrozoline, such as Visine™ and Tyzine™.

Heartburn and Reflux Medication

Medications typically safe to use

The following medications typically are safe for you to use.

- H2 Blockers, such as Tagamet™, Zantac™ and Pepcid™.

Medications typically not safe to use or use with caution

The following medications typically are not safe for you to use when you have kidney disease.

- Antacid medication that has magnesium, such as Rolaids™ and Mylanta™.
- Antacid medication that has calcium, such as Tums™ and Maalox™. However, these can be taken in low doses if your calcium blood levels are not high.
- Anti-diarrheal medication, such as Pepto-Bismol™ and Kaopectate™.

If you are on a proton pump inhibitor, also called PPI, such as Prilosec™ or Protonix™, talk with your health care provider before you use reflux medicines.

Constipation Medication

Constipation medications typically safe to use

The following medications to treat constipation typically are safe for you to use.

- Laxative, such as Miralax™, Dulcolax™ Laxative and Senna™.
- Stool Softener, such as Colace™ and Dulcolax™ Stool Softener.

Talk with your health care provider before using Milk of Magnesia™.

Anti-diarrhea Medications

Anti-diarrhea medications typically safe to use

The following medications typically are safe for you to use.

- Loperamide hydrochloride, such as Imodium™ A-D and First Aid Direct™

Anti-diarrhea medications typically not safe to use

The following medications typically are not safe for you to use.

- Bismuth subsalicylate, such as Pepto-Bismol™ and Kaopectate™.

Supplemental Medicines

Supplemental medicines typically safe to use

The following supplements typically are safe for you to use.

- Multivitamins
- Fish Oil
- Flax Seed

Supplemental medicines typically not safe to use

The following supplemental medication typically is not safe for you to use under the following conditions.

- St. John's wort. This medication may raise your blood pressure or cause serious problems if you are also using cyclosporin or tacrolimus.

Sleep Medication

Sleep medications typically safe to use

The following sleep medicines typically are safe for you to use when you have kidney disease.

- Diphenhydramine, such as Benadryl™ and Unisom™.
- Melatonin.
- Acetaminophen and diphenhydramine, such as Tylenol™ PM and Excedrin™ PM.

Other Medication Typically Not Safe to Use

The following medications typically are not safe to use when you have kidney disease.

- Medicines that contain black licorice. This also includes candy and beverages that contain black licorice flavoring.
- Phenylpropanolamine, such as Dexatrim™ and Control™.
- Ephedrine or any kind of medication that lowers your appetite.

Notes

BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal Mayo Clinic patient of more than 40 years and a self-made business leader who significantly expanded her family's activities in oil, gas and ranching. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

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