

Chronic Kidney Disease

Chronic kidney disease means the kidneys are slowly losing their ability to filter your blood. Catching it early and protecting the kidneys can slow it down.

Everyday basics

- Keep blood pressure and blood sugar in your target range.
- Take medicines as prescribed and ask before starting new ones (including NSAIDs like ibuprofen).
- Follow any diet advice about salt, protein or potassium.
- Get your kidney blood and urine tests on schedule.

Good questions to ask your care team

- What stage is my kidney disease, and what does that mean?
- Which medicines or pain relievers should I avoid?
- What foods should I limit?
- How often will you check my kidney numbers?

When to get help right away

Seek care for very little urine, severe swelling, confusion, or trouble breathing.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/kidneydiseases.html>

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