



# Medicines Review in Chronic Kidney Disease (CKD) Consumer Brochure

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Chronic kidney disease (CKD) means you have low kidney function. This can impact the medicines you take for other conditions. Because of this, it's important to have your medicines reviewed. ●



Learn more about the link between CKD, diabetes and cardiovascular disease

## → What do the kidneys do?

The kidneys filter your blood by moving extra fluid and waste into the urine. This keeps the amount of water and salts in your body in balance, which is important for blood pressure. It also gets unwanted waste products out of your system, like chemicals and medicines. ●



Learn more about your kidneys

To learn more about your kidneys, visit the [Kidney Health Australia](#) website



Kidney Health Australia



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## → How is kidney function checked?

A blood test shows how well your kidneys filter the blood and remove waste. This test is called the **estimated glomerular filtration rate (eGFR)**.

Your eGFR can change over time, so it's good to keep a record of it. ●

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## → What are the important things to know?

### You may be more likely to experience side effects

Some medicines are more likely to cause side effects if your kidneys aren't working well. This can happen even if you've been taking a medicine for a long time.

It can be tricky to know if your medicines are causing a side effect, so talk to your GP or pharmacist if something in your body is not feeling quite right. Tell them if a symptom bothers you and it doesn't improve, like if your stomach is upset or you feel a bit dizzy.

### CKD can affect the safety of your medicines

If you have CKD, the doses of some of your medicines may need to be changed to make sure they are safe and effective for you.

**If you have a new medicine prescribed** - ask the prescriber if the dose is OK in CKD. This is particularly important if you're prescribed a medicine by someone other than your usual GP (e.g. a specialist or in hospital) because they might not know you have reduced kidney function.

**Before buying an over-the-counter medicine** - ask your pharmacist or GP if it's OK in CKD. Over the counter medicines that can be less safe in people with reduced kidney function include:

- non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and diclofenac
- some complementary medicines, including herbal remedies and supplements.



## Some medicines affect your kidney function

If you're started on a medicine that affects your kidneys, or have had a change in dose, you may need to have blood tests to check your eGFR more often.

## CKD can affect how well some medicines work

Some medicines used for diabetes and heart disease can be less effective in CKD. Because of this, you may need a different dose or be changed to a new medicine. ●

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## → What can I do if I have CKD and take medicines?



### Talk to your healthcare team

If you have any questions or worries about your medicines, [ask your doctor, nurse, or pharmacist](#). Your healthcare team can help make sure your medicines are safe and effective for you.



Talking to my GP and pharmacist about my medicines



### Keep records of your medicines and eGFR results

Make sure your healthcare team knows about your reduced kidney function and the medicines you take. Carry an up-to-date list of all your medicines and eGFR results to share with your healthcare providers.



Sick day action plan



### Talk to your GP about a Sick Day Action Plan

If you've been diagnosed with chronic kidney disease, Talk to your GP about a [Sick Day Action Plan](#). This will help you know what to do if you become unwell and dehydrated (e.g. vomiting and diarrhoea).



### Ask your GP about a Home Medicines Review

If you'd like to learn more about how your kidney function affects your medicines, talk to your GP about a Home Medicines Review. A Medicines Review is a service funded by the Australian Government to help you get the best from your medicines. There is no cost to you for the service. ●

## → Having a Medicines Review What to expect?



### Step 1

You, a family member, carer, nurse, pharmacist or your GP may suggest a Medicines Review.



### Step 2

If you and your GP agree to a Medicines Review, your GP will refer you to a credentialed pharmacist.



### Step 3

The pharmacist will contact you to organise a suitable time and place for the Medicines Review.



The review is usually conducted in your home. You can ask the pharmacist to wear a mask during the visit if it makes you more comfortable.



### Step 4

At the Medicines Review you and the pharmacist will spend time talking about your medicines. You can have a family member, friend or carer present.



### Step 5

After the review, the pharmacist will send your GP a report. This may include suggestions to change your medicines.



### Step 6

You will need to make a specific appointment with your GP to discuss the Medicines Review report and develop a written Medication Management Plan.

## Medicines Advice Initiative Australia (MAIA)

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of medicines.