

THE UROLOGY GROUP

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KIDNEY PROTECTION

Many things can injure the kidney: congenital abnormalities, diabetes, high blood pressure, smoking, infection, kidney stones and surgery to name a few. In fact, kidney function declines with the aging process alone. Follow these instructions to protect your kidney function.

1. Avoid or control diabetes.
2. Avoid or control high blood pressure.
3. Don't smoke.
4. Minimize the number of Computed Tomography (CT) scans using contrast injected in the vein. Tell your doctor you are at risk for kidney dysfunction and should get CT scans with intravenous contrast only if absolutely necessary.
5. It's ok to take an ibuprofen/nonsteroidal anti-inflammatories (NSAIDs) (Motrin, Advil, Alleve, Nuprin, Bufferin, Celebrex) now and then, but taking several pills every day for long periods of time can damage the kidneys.
6. Tell your doctors you have decreased kidney function and to be careful with medications prescribed. Medication dosage should be adjusted according to your kidney function.
7. Work with your primary care and urologist to decrease the number of kidney or urinary tract infections you have.
8. Kidney stone patients: Work with your urologist to decrease the number of kidney stones you form.
9. Drink plenty of fluids and empty the bladder frequently.



Protect those kidneys!