

## Should I tell my GP?

Yes please! We will write to your GP but please tell them as soon as you can.

Once you are home make an appointment to talk to your GP about your tablets as we may have changed your regular medicines.

## How do I get more advice if I am worried?

In the first few days after you go home you can phone the ward you were on for advice.

You can get advice from your GP.

There are also useful online resources for kidney patients that you might find helpful:

**National Kidney Federation**  
www.kidney.org.uk  
0845 6010209

**Think Kidneys Website**  
www.thinkkidneys.nhs.uk

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Author: J McCarron, M Johnson

Below we have listed some important **specific advice to you.**

**We have started the following new medicines:-**

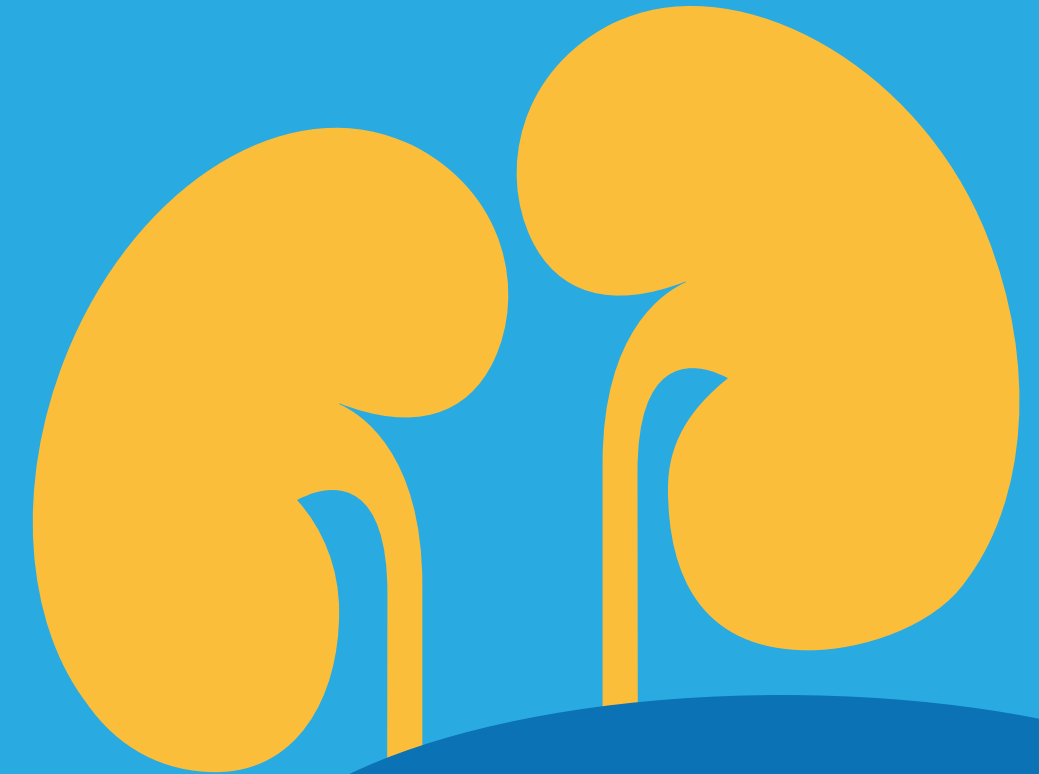
**We have stopped the following medicines (please do not start taking these again once you get home until you have received specific instructions to do so)**

**We would like you to get a blood test on:-**

**We have arranged hospital follow up on:-**

**If we have not arranged hospital follow up we advise that you see your GP within 1-2 weeks of being home.**

Bradford Teaching Hospitals   
NHS Foundation Trust



## Acute Kidney Injury

Patient Information Leaflet

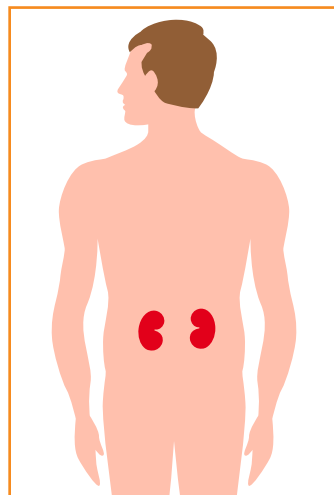
This leaflet has been given to you because you have had an Acute Kidney Injury (AKI). We think that this information will be helpful.

## What do the Kidneys do?

The kidneys are bean-shaped organs about the size of a fist. They are located at the bottom of the rib cage at the back of the body.

The kidneys act like sieves, filtering the waste and excess fluid from the blood. Healthy kidneys remove waste products and excess fluid from the body via the urine.

Acute Kidney Injury (AKI) is not an injury as you will know it, it is when your kidneys quite suddenly stop working properly. This causes a build-up of waste products and excess fluid in the body that makes people unwell.



## Why did I get an Acute Kidney Injury?

### Several things can increase your risk of getting AKI:

- Age - an AKI is more common in older people.
- Any kind of Diabetes.
- If you have heart disease, stroke, mini-stroke or other major circulation problem.
- Chronic Kidney Disease (CKD) – long term problems with your kidneys.
- Some medicines can make it more likely to get an AKI in certain situations (e.g. some blood pressure medicines and painkillers), although they are very good for you the rest of the time.

## The following can cause an AKI.

- Very severe illnesses such as pneumonia, diarrhoea or vomiting.
- A blockage to the tubes that drain urine from the kidneys to the bladder.
- A disease of the kidneys themselves.

## How do we know you have an AKI?

- Through blood tests.
- A urine test.
- ECG, X-rays or ultrasound painless scans of your kidneys.

Some people don't show any symptoms of kidney injury, it is diagnosed from a blood test, however some things you can look out for are:

- Not passing as much urine when you go to the toilet despite drinking more fluids.
- Your urine might be very strong and dark; it can look yellow/brown/red in colour.
- Your feet or legs might swell up.
- You might start to feel very sick, tired, drowsy and confused and have itchy skin.

## What treatment will you need?

Treatment depends on what caused your AKI.

- You may need fluid through a drip in your arm if you are dehydrated.
- The nurses will closely monitor your drinks and other fluids and how much urine you produce.
- You will need some blood tests and you will need to give a sample of urine.

## What will happen after you go home?

- You may need to come back for an outpatient visit for more tests.
- You may need to visit your General Practitioner (GP) or practice nurse more often.
- If you are still working or have any travel plans please ask for advice about this before you go home.

## Could I get an AKI again?

Anybody who has had an episode of AKI is more likely to get it again but this risk is different for each person.

## What can I do to prevent an AKI?

Most people will get better but you will always need to take care of your kidneys.

### Some Do's and Don'ts:

#### Do:

- Come for any tests that we ask you to have.
- Eat healthily, and talk to your GP about any other changes you may need to make to your daily life (e.g. reduce alcohol use and salt in your diet).
- Contact your GP and ask for urgent advice if you are unable to drink properly or if you have vomiting or diarrhoea, a high fever or sweats.

#### Don't:

- You may be taking medicines for other reasons, please don't stop taking these for any reason without talking to your GP first.