

Taking Your Medications When You Are Sick After a Kidney Transplant

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- If you get very sick with diarrhea (loose, watery poop), or you are vomiting (throwing up), **stop taking the medications listed in this pamphlet until you no longer feel sick.** If you have any questions, you can call 811 to talk with a registered nurse 24/7.
- These medications keep your blood pressure down, and protect your kidneys and heart. They can also harm you if you do not have enough fluids in your body. Diarrhea and vomiting can make you dehydrated (not have enough fluids in your body).

Stop the following medications if you start to have diarrhea or vomiting:

ACE-Inhibitors

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|-----------------------------|------------------------------|
| › Cilazapril
(Inhibace®) | › Lisinopril (Zestril®) |
| › Enalapril (Vasotec®) | › Perindopril
(Coversyl®) |
| › Fosinopril
(Monopril™) | › Ramipril (Altace®) |

Angiotensin Receptor Blockers

- › Candesartan (Atacand®)
- › Eprosartan (Teveten®)
- › Irbesartan (Avapro®)
- › Losartan (Cozaar®)
- › Telmisartan (Micardis®)
- › Valsartan (Diovan®)

Direct Renin Inhibitors

- › Aliskiren (Rasilez®)

Diuretics (water pills)

- › Chlorthalidone (Uridon®)
- › Furosemide (Lasix®)
- › Hydrochlorothiazide (HCTZ)
- › Indapamide
- › Spironolactone (Aldactone®)

Diabetic pills

- › Metformin

What happens next?

- You can start taking your medications again as soon as you feel better.
- Drink lots of fluids each day, like water and juice.

If you have not taken your medication(s) for more than 1 day (24 hours) and/or cannot keep fluids down without vomiting, **call your primary health care provider (family doctor or nurse practitioner) or go to the nearest Emergency Department.**

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Kidney Transplant Clinic, QEII

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.