

MY KIDNEY HEALTH PLAN

This action plan is for people with chronic kidney disease to use with their health professional. It can help you understand and plan the things you can do to keep your kidneys as healthy as possible for as long as possible.

Chronic kidney disease means your kidneys have not been working as well as they should, and/or show signs of damage, lasting for 3 months or more. There are treatments and things you can do to slow down or stop the disease from getting worse.

Things I can do

Drink water

Why: Water is the best choice of drink to keep my kidneys working well.

How:

- ✓ Avoid sugary drinks like soft drinks, energy drinks and fruit juice.
- ✓ Check with my health professional about how much water I can drink each day.

Be active

Why: To keep a healthy weight, improve fitness and helps me feel and sleep better.

How:

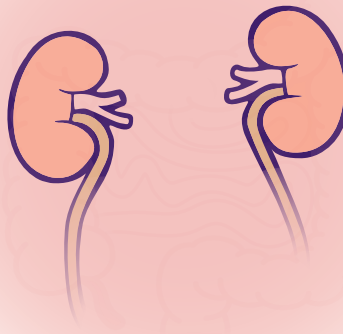
- ✓ Be active most days.
- ✓ Get advice if I'm just starting out.

Aim for a healthy weight

Why: To lower my chance of further kidney damage, high blood pressure, diabetes, heart attack and other health problems.

How:

- ✓ Eat well, be active.
- ✓ Get advice from a health professional.



Quit smoking

Why: To protect my kidneys and heart from damage.

How:

- ✓ Call Quitline 13 78 48 if I'm finding it hard to quit.
- ✓ Ask my doctor about medicines that might help.

Eat healthy food

Why: To protect my kidneys and heart by controlling my blood pressure, blood sugar and cholesterol.

How:

- ✓ Avoid heavily processed foods that are high in sugar and unhealthy fats.
- ✓ Eat less than 5 g (1 teaspoon) of salt (sodium) each day.
- ✓ Get advice from a dietitian.

Cut back on alcohol

Why: Helps keep blood pressure controlled to protect my kidneys and heart from damage.

How:

- ✓ Drink less than 2 standard drinks per day.
- ✓ Have days without alcohol.

My kidney health goals

Talk to your health professional about changes you can make to protect your kidney health. Every little step you take is a step in the right direction. You can do more towards reaching your goals when you are ready.

What is my goal? (Choose one to get started)

| | | | | | |
|--|--|---|---|---|--|
|  | <input type="checkbox"/> Be more active |  | <input type="checkbox"/> Get to a healthy weight |  | <input type="checkbox"/> Quit smoking |
|  | <input type="checkbox"/> Eat healthier |  | <input type="checkbox"/> Cut back on alcohol | <input type="checkbox"/> Other | |

Steps I will take toward reaching my goal

| | |
|---|--|
| What | eg, <i>Cut back on soft drinks and energy drinks during my workday</i> |
| How | eg, <i>I will buy a drink bottle to keep at my desk, so I drink water instead.</i> |
| I will track my progress by | eg, <i>I will track (on my phone) how many soft drinks or energy drinks I drink each day</i> |
| By when | eg, <i>4 weeks</i> |
| Where and how I can get more help or support | eg, <i>Call the Kidney Health Australia Helpline 1800 454 363</i> |

Other things to do

| | |
|-------------------------------------|---|
| <input checked="" type="checkbox"/> | Take the medicines my doctor has prescribed daily to protect my kidneys and keep me healthy. |
| <input checked="" type="checkbox"/> | Check with my doctor before taking any other medicines. This includes common medicines, like medicines for pain (eg, ibuprofen), as well as vitamins and other natural medicines. |
| <input checked="" type="checkbox"/> | Know when my next kidney check is due. This will be at least once a year or more often depending on how well my kidneys are working. |
| <input checked="" type="checkbox"/> | Check with my doctor if I'm feeling unwell, eg, throwing up. Ask if I need to stop taking any of my medicines for a short time to protect my kidneys. |

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