THE KIDNEY EXPERTS

Medicines that help protect your kidneys



Feeling fine? We may still add a pill.

Kidney disease often has no signs. Some pills can help slow it down.

Blood pressure pills that help your kidneys

ACE inhibitors and ARBs can help protect your kidneys, even if your blood pressure is not high.

Pregnant, or planning to be?

ACE inhibitors and ARBs are not safe in pregnancy. Tell us.

Newer pills can help, too.

Some newer pills can help protect your kidneys and heart. We'll talk with you about which ones fit you.

After you start a new pill

We may check your blood. That helps us keep it safe for you.

Sick with throwing up or diarrhea?

Call us about your medicines. Some may need a change while you're sick.

Don't start or stop a medicine without asking us.

Ask us what each pill is for.

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.