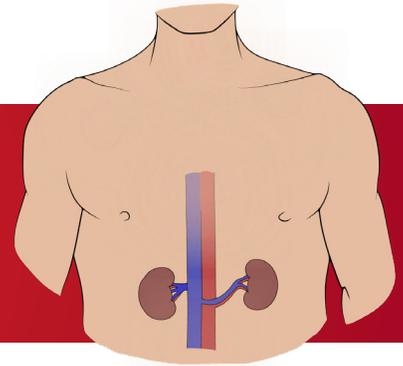


Action Plan for Staying Healthy at Home After Acute Kidney Injury



This handout is a quick guide to staying healthy and safe at home. Follow these tips and all instructions from your hospital care team to help you avoid another hospital stay.

Take Your Medicines

Some special guidelines to note:

- Do **not** take non-steroidal anti-inflammatory medications (NSAIDs) unless approved by your doctor. NSAIDs include Advil, Ibuprofen, Motrin, Aleve and aspirin.
- Do **not** take Proton Pump Inhibitors such as Prilosec, Prevacid and Protonix

Go to Your Follow-Up Visits

It is **very** important to go to your follow-up visits with your primary care doctor or kidney doctor (nephrologist). Your doctor needs to see you at follow-up visits to check on your progress and make sure your medicines are working. They need to see you within 1 week of your hospital stay and then at least once a month for 3 months.

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Ways to Stay Well

- Check your weight and blood pressure daily and write this information in a notebook. Share it with your doctor at your follow-up visit.
- Eat a healthy diet based on advice from your care team. Avoid salty foods and do not add salt to your food. Ask your doctor how much sodium (salt), fluids, protein, and potassium are safe to have each day and write it down below. Read food labels to find out how much sodium, protein and potassium are in a serving size.

Limit fluids to _____ liters a day

Limit sodium to _____ milligrams (mg) a day

Limit potassium to less than _____ milligrams (mg) daily

Maintain protein intake of _____ grams (g) daily

- Exercise – before starting any exercise program, ask your doctor if it's safe to do so.
- If need help quitting smoking:
 - Call the Ohio Quit Line at **1-800-QUIT-NOW** or visit **smokefree.gov**
 - Find out if your insurance covers our UH Tobacco Treatment Counseling program. If so, you will need a doctor's order to use this service. To learn more about our program, call **216-896-1810**.

Hang this on your refrigerator to remind you of reasons to call your doctor or 9-1-1



GOOD TO GO

Follow the tips in this handout to help you to stay healthy and out of the hospital. Always monitor your health and be aware of the signs of new or worsening health concerns. Read below to learn when and who to call for help.



CAUTION

Call your doctor's office right away if you have any of the problems listed below. Your doctor may need to adjust your medicine doses and/or order blood tests. Keep taking your medicines as ordered until you see your doctor.

- Weight gain of 3 or more pounds in one day
- Blood pressure lower than _____ or higher than _____
- Swelling in the ankles, legs or belly
- Feeling short of breath with activity
- Cough is worse when lying down
- Feeling feverish or have chills
- Feeling more tired or have less energy
- Headache or changes in vision
- Any other symptom that causes concern

My doctor's name: _____

Office phone number: _____



STOP

Call 9-1-1 right away if you have any of these problems:

- Feeling short of breath at rest
- Fainting
- Feeling dizzy, lightheaded or confused