

# Silver Award Project Utility

**Facility:** Dialysis Clinic, Inc--Lake Home Dialysis

**Silver Award User:** Robin Welmers

**Project Status:**

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## 1. Description of Project:

Our project was a compilation of "safe and unsafe over the counter medications" for both Chronic Kidney Disease and ESRD Dialysis patients in a detailed, easy to read, colorful trifold brochure. A brochure was created to handout to patients at local dialysis facilities and to CKD educators. A replicated poster of the brochure was also made to hang in the dialysis clinics. The brochure was separated into 2 sections "Safe" and "OTC medications to avoid" medications for different symptoms. The brochure included herbal supplements and vitamins as well. Resources: National Kidney Foundation, Pharmacist, Nephrologist and Renal Dietitian. The brochure also listed why some OTC medications could be harmful and have adverse effects. The brochure gave recommendations for patients to speak to their dialysis nurse, nephrologist or renal dietitian before starting an OTC medication, herbal supplement or vitamin.

## 2. Outcomes Measured:

The brochures were handed out to the Lake Home Dialysis patients in April for their monthly education. The brochure came in handy during this month as many patients were suffering from seasonal allergies and wanted to know what medications could be taken safely. Also, we had one new patient who had transitioned from hemodialysis to peritoneal dialysis who had not been reporting all of his OTC medications. It was found that he was taking a medication that could have had an adverse effects on his disease process.

## 3. Summary of Outcomes/Results:

Our dialysis patients were more informed of potentially harmful medications and supplements and what medications could be safely taken for particular symptoms. Plus, the patients had a colorful brochure to help remind them of these "safe and unsafe" medications.

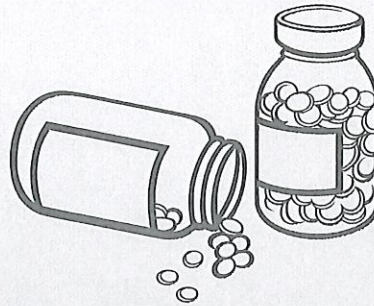
## 4. Impact on Patients:

Patients were able to make more informed choices about which medications to take based on their symptoms or were reminded to consult with their nurse, nephrologist or renal dietitian before starting an OTC medication or vitamin.

## 5. Lessons Learned:

Patients will not always tell you about the OTC medications that they are taking because they feel that the medication is safe. They do not always understand how kidney failure influences which medication is appropriate to take.

# “OVER THE COUNTER” MEDICATIONS



## FOR CHRONIC KIDNEY DISEASE AND DIALYSIS PATIENTS

Many people with **KIDNEY** disease frequently ask what “Over the counter” medications are safe for them to take. If you have Chronic Kidney disease, please check with your nephrologist or pharmacist **BEFORE** taking any “over the counter” medications. The kidneys work to get rid of many medications. If your kidneys are not working well, **medications may build up in your body and cause unwanted side effects. NEVER** take more than the recommended dose of any medication. This list has been compiled using several resources: Nephrologist, The National Kidney Foundation, and Pharmacists. The material on this poster is for the use of patients, family members, and medical personnel who provide care to Chronic Kidney Disease and Dialysis patients. Here is a list of medications that are safe or unsafe to take. This list is not complete; when in doubt consult your dialysis nurse, nephrologist or pharmacist.

Cold and allergy products may cause increased blood pressure, increased heart rate, fluid retention, and aluminum or magnesium toxicity. Herbal supplements may increase phosphorus and potassium levels. Vitamins can be costly and are usually water soluble and do not absorb into the body. All vitamins should be prescribed by your nephrologist. You should consult your Dialysis Nurse, Renal Dietitian or Nephrologist about vitamins and supplements that are safe to take.



### SAFE OVER THE COUNTER MEDICATIONS

SYMPTOMS	MEDICATION
PAIN OR FEVER	Regular strength Tylenol (acetaminophen) 325mg Extra strength Tylenol (acetaminophen) 500mg Tylenol Arthritis
NAUSEA, UPSET STOMACH OR HEARTBURN	Tums Ranitidine (Zantac) Famotidine (Pepcid AC) Pepto Bismal
CONSTIPATION	Colace-stool softener (Docusate sodium) Dulcolax Miralax Senokot-S
DIARRHEA	Pepto Bismal Kaopectate Imodium
INSOMNIA	Look for products with the ingredient Diphenhydramine. Diphenhydramine (Benadryl) Tylenol PM Melatonin

### SAFE OVER THE COUNTER MEDICATIONS

SYMPTOMS	MEDICATION
ITCHING	Gold Bond lotion Diphenhydramine Aveeno products Hydrocortisone cream Oatmeal baths
COUGHING	Robitussin DM Guaifenesin Mucinex Vicks Vapo Rub
COLD, ALLERGIES OR SINUS CONGESTION	Pseudophedrine with consent from your nephrologist Dextromethophan Diphenhydramine Zinc Gluconate Flonase Cetirizine (Zyrtec) Loratidine (Claritin)

### OVER THE COUNTER MEDICATIONS TO AVOID

SYMPTOMS	MEDICATION
ACID REDUCERS	Alka Seltzer    Milk of Magnesia Maalox        Mylanta Rolaids        Di-Gel Magnesium Citrate Epsom Salts
COLD & ALLERGY	Tylenol Cold-Non Drowsy Tylenol Sinus Tylenol Flu-Non Drowsy Sudafed Sinus Headache Benadryl Allergy Cold Contact 12 Hour Robitussin Cold-Congestion Zicam nasal spray Alka Seltzer cold products
HERBAL PRODUCTS	Aloe Vera        Ma Huang Gingko Biloba    Ginseng Licorice Root    St Johns Wort Turmeric        Fever Few Milk Thistle     Astragalus Goldenrod
PAIN RELIEVERS	Ibuprofen        Naproxen Aspirin           All NSAIDS
VITAMINS	All vitamins should be prescribed by your nephrologist.

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