# **NSAIDs:** Medicines to Avoid with Kidney Disease

## What are NSAIDs?

Nonsteroidal anti-inflammatory drugs (NSAIDs) are a type of medication used to treat pain, inflammation, and fever. Many people take these if they have a cold, a headache, or pain. Some of these drugs can be purchased and taken without a prescription from a doctor, so you may have seen them in stores or already have them at home. For people with chronic kidney disease (CKD), taking NSAIDs by mouth can harm the kidneys and may cause their CKD to progress. Below is a list of NSAIDs and their brand names. Talk to your doctor if you take any of these drugs to see if they are right for you.

## List of NSAIDs

- Celecoxib (Celebrex®)
- Diclofenac (Cambia®)
- Diflunisal (Dolobid®)
- Etodolac (Lodine®)
- Fenoprofen (Nalfon®)
- Flurbiprofen (Ocufen®)
- Ibuprofen (Advil®, Motrin®, some kinds of Midol®, Ibu-2®, Ibu-4®, Ibu-6®, Ibu-8®, Duexis®, Vicoprofen®)
- Indomethacin (Indocin®, Tivorbex®)
- Ketoprofen (Frotek®)
- Ketorolac (Toradol®)
- Meclofenamate
- Mefanamic acid (Ponstel®)
- Meloxicam (Mobic®)
- Nabumetone (Relafen®)
- Naproxen (Aleve®, Aflaxen®, Anaprox®, Naprosyn®, Naprelan®)
- Oxaprozin (Daypro®)
- Piroxicam (Feldene®)
- Salsalate
- Sulindac (Clinoril®)

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# If you are not sure if a medication is an **NSAID,** you can **check the label** using the steps below.

Be sure to check all the medicines you have at home, and any new medicines you buy in a store. Note that NSAIDs can be found in drugs for cold and flu, headache, and pain relief.

1. Look for the **Drug Facts** label like the one shown here.
2. Check the **Active Ingredient** list.
3. Look for any NSAID names.
4. If you are not sure, talk to your doctor before taking the drug.

**Drug Facts**

***Active ingredient (in each tablet)***.....***Purposes***
Ibuprofen 200 mg (NSAID)*.....Pain reliever/fever reducer
*nonsteroidal anti-inflammatory drug

***Uses***
- temporarily relieves minor aches and pains due to:
  - headache
  - muscular aches
  - minor pain of arthritis
  - toothache
  - backache
  - the common cold
  - menstrual cramps

You should keep a list of any medicines you take at home and check with your doctor to make sure they will not harm your kidneys. If you take NSAIDs for pain or when you are sick, there are other choices for medications you can take instead. Talk to your doctor to learn what medicines you can take as an alternative to NSAIDs.

Healthmap Solutions is here to help you manage your kidney health. To learn more, call Healthmap at **1-800-481-0474** or visit **www.healthmapsolutions.com/patient-resources.** Patients must meet program eligibility requirements to access Healthmap services.


**References:**

*Pain Medicines (Analgesics).* National Kidney Foundation. (2023, January 13). https://www.kidney.org/atoz/content/painmeds_analgesics

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