

Other ways to help your kidneys stay healthy

- Stop smoking



- Eat a healthy diet that is
 - low in salt
 - low in fat



- Make sure you drink at least 6 to 8 glasses of fluid per day



Your diabetes dietitian can help you plan your diet

- Keep physically active and maintain a healthy weight



For more information about diabetes and your kidneys

www.diabetes.co.uk

www.diabetes.org.uk

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

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Patient information

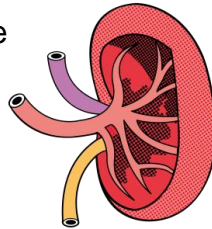
Diabetes and your kidneys

How to look after your kidneys if you have diabetes



What do your kidneys do?

- Your kidneys make urine (pee)
- They take away waste from your blood
- They control the amount of water in your body

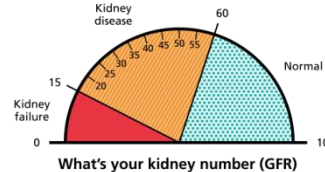


How does diabetes affect your kidneys?

- Your kidneys contain millions of small blood vessels. If these are damaged then your kidneys cannot filter your blood properly and waste products start to build up in your blood
- Keeping blood sugar levels normal reduces the chance of kidney damage
- If your kidneys show signs of damage it is called chronic kidney disease (CKD) or diabetic nephropathy
- Kidney damage takes many years to develop. It does not happen to everyone with diabetes

Signs of kidney damage

- If your kidneys are damaged they start to leak protein and this can be detected in your urine by a sensitive urine test. A sample of your urine should be sent to a laboratory for checking every year so it is important that you provide a sample when asked
- If kidney damage gets worse then waste products can be detected by a blood test called GFR



- Few people feel unwell from kidney damage until GFR is less than 20 so these tests are the only way to monitor your kidney function
- You will have a urine test for protein and a blood test for GFR every year to check for kidney damage as part of your annual diabetes review



Can kidney damage be treated?

- The most important way to prevent kidney damage is to have
 - good blood glucose control (HbA1c)
 - good blood pressure control (BP)

- Your Practice Nurse, Diabetes Nurse or GP can help you with this



- If your kidneys do start to leak protein you may be prescribed a tablet such as:

Angiotensin converting enzyme inhibitor
(an example is Ramipril)

Angiotensin receptor blocker
(an example is Losartan)

- These medicines reduce the protein leak and slow down further kidney damage
- You will need to take these long term so let your doctor or nurse know if they do not suit you

