

AVOID the following to help protect your kidney:

Ibuprofen or NSAIDs:

- generic ibuprofen
- advil
- aleve
- motrin
- excedrin
- mobic
- lodine
- indocin
- toradol
- relafen
- daypro
- celebrex
- vioxx
- naprosyn
- goody/BC powders
- alka seltzer

Chinese Herbs

-all herbal remedies carry some risk of hurting your kidneys since they are not FDA regulated

IV contrast or dye

Phosphorus-containing bowel preps or enemas

- Fleets enema