

Use this tracker to keep all information about your medicines in one place. Show it to your doctor, care team, and pharmacist. Bring it to dialysis treatments, clinic visits, hospital visits, and to the pharmacy.

Name	Dialysis type	Dialysis schedule	Dialysis clinic / phone

My Kidney Health Numbers

(If You Still Make Urine or Your Care Team Follows Them)

Date	eGFR	uACR

My Blood Pressure

Date	Systolic (top number)	Diastolic (top number)

My Weight Before and After Dialysis

Date	Weight before dialysis	Weight after dialysis

People with kidney disease or failure may take medicines for kidney and heart health , high blood pressure, diabetes, high cholesterol or triglycerides, anemia, bone health, mineral balance, pain, infections, or other health problems. Some medicines may be taken at home. Others may be given during dialysis.

Type of medicine	How it helps	Dialysis notes
Heart, kidney, and blood vessel health	May help manage: • High blood pressure • Heart disease • High blood sugar • High potassium in the blood • High phosphorus and high calcium levels that can combine in the blood and the heart and blood vessels • Other medicines may help stop CKD from getting worse.	Ask if any medicine should be taken before or after dialysis.
Blood health (anemia)	Help treat low red blood cells or low iron	May be given during dialysis or prescribed to take at home.
Bone health	Help keep vitamin D, phosphorus, calcium, and PTH in balance to protect bones. Some medicines that protect the heart and blood vessels by controlling high phosphorus and calcium levels in the blood can also protect the bones.	Some may be given at the dialysis clinic. Ask if you should take them with meals or at certain times.

Type of medicine	How it helps	Dialysis notes
Store-bought without a prescription (over the counter)	Used for pain, colds or flu, stomach or bowel problems, or allergies. Some may harm your kidneys or affect blood pressure.	Always check with your doctor, pharmacist, or dialysis team before starting.
Vitamins, minerals and herbal supplements	Some may be needed. Others may be dangerous or not go well with medicines.	Use only if your care team says it is safe for you.
Other		

Before you take any medicine, ask:

- Is this the right dose for me?
- Should I take this on my dialysis days?
- What do I do if I miss a dose?

My Medicine List

Update this list when a medicine is started, stopped, changed, or given at dialysis. Keep one copy with you and share updates with your dialysis clinic, doctor, and pharmacist.

Current Medicines

Medicine name	Dose	When I take it	Why I take it	Doctor	Start date	Notes

Medicines Given at Dialysis Clinic

Medicine/treatment	Given when	Dose/amount	Why I get it	Last change	Notes



Medicines Changes

Date	Medicine changed	What changed	Reason	Doctor / clinic team

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**

