



# Nephrology Consultants, L.L.C.

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**AVOID** the following to help protect your kidney:

## Ibuprofen or NSAIDs:

- generic ibuprofen
- advil
- aleve
- motrin
- excedrin
- mobic (meloxicam)
- lodine (etodolac)
- indocin (indomethacin)
- toradol (ketorolac)
- relafen (nabumetone)
- daypro (oxaprozin)
- celebrex (celecoxib)
- vioxx
- naprosyn (naproxen)
- zorvolex (diclofenac)
- goody / BC powders
- alka seltzer

## Chineses Herbs

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

## IV contrast or dye

## Phosphorous – containing bowel preps or enemas

- Fleets enema