

Solitary kidney care for lifelong health

What does having a solitary kidney mean for me?



One healthy kidney is enough to support a full and healthy life if it is **well-protected**.

However, you are at greater lifetime risk of developing kidney injury and high blood pressure compared to those with 2 healthy kidneys.

How do I protect my solitary kidney?

- **Always stay hydrated**, especially on a sweaty day!
 - **Toddler age** – 750mL or more fluid per day.
 - **Primary school age** – 1L or more fluid per day.
 - **Adolescent and adult** – 1.5-2L or more fluid per day.
- **Seek medical care** if you cannot hydrate well during acute illness (e.g. frequent vomiting and diarrhea).
- **Avoid using ibuprofen** (e.g. Nurofen®) regularly, at high doses, or when dehydrated.
- **Inform your doctors and sport coaches** of your single kidney condition.
- **Yearly blood pressure checks** with your GP.
- **Check urine for protein yearly.**
- **Avoid obesity, smoking, and binge alcohol use.**
- **Seek medical advice** if you notice symptoms of a urinary tract infection or unexplained fever.

