

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.



Government of Western Australia Child and Adolescent Health Service



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