



Acute Kidney Injury

This handout will help you understand Acute Kidney Injury and what you can do to keep your child's kidneys healthy.

What is Acute Kidney Injury?

Acute Kidney Injury (AKI) is a sudden decrease in kidney function. This means the kidneys can't clean the blood or remove extra fluid as well as usual. This can lead to a buildup of waste products and fluid in the body. Over time, this could lead to a permanent loss of kidney function, which is called Chronic Kidney Disease or CKD.

What causes AKI?

There are many things that may cause AKI, such as:

- Certain medicines, like:
 - Medicines used in imaging, such as contrast used for a CT scan
 - Pain and fever reducers such as ibuprofen (Motrin or Advil)
 - Medicines used to control blood pressure
- Heart problems or surgeries to correct them
- Infections in the blood
- Problems with the liver
- Dehydration
- Blood loss
- Burns
- Blood clots to the kidneys
- Severe, uncontrolled high blood pressure

What are the symptoms?

AKI does not hurt. Your child may not have any symptoms. It is possible to lose more than half of your kidney function before you notice any changes in your body. This can be dangerous since you may not see a doctor before your kidneys have been damaged. Regular follow-up care with your child's kidney doctor will help prevent permanent damage to their kidneys.

How is AKI diagnosed?

Your child may have these tests to find out if they have AKI:

- Blood tests
- Urine tests
- Ultrasounds – this is a test that uses sound waves to view and make pictures of your child's kidneys
- X-rays

Regular visits with the kidney doctor will keep your child's kidneys healthy and prevent CKD.

To Learn More

- Nephrology Clinic
206-987-2524
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

What is the treatment for AKI?

There is no cure for AKI. The goal of treatment is to prevent further damage to the kidneys. Here is what you can do to help keep your child's kidneys healthy:

- Check with the kidney doctor before giving your child:
 - Pain medicine, fever reducers and anti-inflammatory medicines (such as Advil and Motrin)
 - Blood pressure lowering drugs
 - Decongestants (such as Sudafed)
 - Antibiotics
 - Herbal products and nutritional supplements
- Take your child to the doctor on a regular basis to keep their kidneys healthy and prevent CKD.

Why does my child need to see doctor on a regular basis?

Regular follow-up care with the kidney doctor is very important to avoid permanent damage to your child's kidneys (CKD). It is important for your child to have regular blood and urine tests to see how well their kidneys are working. Routine care will keep your child's kidneys healthy and working well.

When should I call the doctor?

Check with the kidney doctor if your child is:

- Scheduled for surgery
- Prescribed an antibiotic
- Admitted to the hospital with an illness or infection
- Scheduled for a CT scan or MRI