

JAMAICA
KIDNEY  **KIDS**
FOUNDATION LIMITED

CARE YOUR KIDNEY

DO

- 1) Pass urine at regular times during the day - not just at home
- 2) Girls should wipe properly after using the toilet ,wiping from front to back
- 3) Avoid constipation – eat fruits and vegetables
- 4) Drink a lot of water
- 5) Seek treatment for gastroenteritis
- 6) Avoid salty food and junk food
- 7) Tell your parent if it hurts to pass urine- this may be due to stones, infection or blockage
- 8) Tell your parent if your urine changes colour
- 9) Tell your parent if you cannot pee in a good steady stream
- 10) Try to wear loose cotton underwear rather than tight nylon underwear including tights
- 11) Make sure your blood pressure is checked when you go to the doctor