

Symptom Management Allgorythm for Chronic Kidney Disease

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SYMPTOM	May improve with increased Dialysis dose	TREATMENT	DOSAGE	COMMENT
CRAMPS	No	Quinine (1)	260-325 mg P.O. prn	Give prior to symptoms. Limit to 3 doses/day
		Carnitine	1000-2000mg iv during dialysis	Also used for myopathy, cardiomyopathy, refractory anemia
		Vit. E (2)	400u qd	
RESTLESS LEG SYNDROME	Yes	Clonazepam	0.5-2 mg Hs prn	
		Carbidopa-Levodopa	25/100 mg Hs prn	
		Pergolide	0.05-0.2 mg qd	
		Pramipexole (3)	0.3 mg qd	
		Gabapentin	Start 100 mg bid-titrate to effect	May cause sedation Renally excreted
PURITIS	Yes	H1 antagonists-Clemastine (4)	2.68 mg bid prn	Trial any H1 antagonist
		Skin moisturizer-Hydrourea cream (5)		
		Activated Charcoal(6)	6 g qd X 8 weeks	
		UVB light(7)		
		I.V. Lidocaine(8)	100 mg iv during dialysis	Potential seizures
		Ketotifen(9)		Mast cell stabilizer
		Thalidomide(10)	100 mg po qd	Caution with pill handling in pregnancy
		Ondanstron (11)	4 mg bid	High cost
		Naltrexone(12)	50 mg po qd	
		Plasmapheresis (13)	(3-4 exchanges	
HYPOTENSION-intra-dialytic or persistent		Alterations to the dialysis bath, temperature, sodium, ultrafiltration.(14)		
		Midadrine (15)	1-10 mg tid prn or pre dialysis	Oral alpha adrenergic agonist
		Sertraline (16)	25-50 mg pre	

			dialysis	
ANOREXIA	Yes	Megestrol (17)	40-400 mg	Has been used in ESRD
		Dronabinol	2.5-5 mg bid/tid	
LETHARGY FATIGUE	Yes	Methylphenidate (18)	5-10 mg am and noon	Psychostimulant

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