



Your kidneys are amazing

They filter your blood 40 times a day through 140 miles of tubes and a million filters.

They produce 1.5 litres of urine a day to get rid of toxins and waste products from your body.

You can help your kidneys to work better by staying hydrated.

‘THINK KIDNEYS’

Visit www.thinkkidneys.nhs.uk
Or talk to your GP or pharmacist to find out more

‘THINK KIDNEYS’

NHS



Think Kidneys is a national programme led by NHS England in partnership with UK Renal Registry