



Ways To Keep Your Kidneys Healthy



Practice regular prenatal exercises



Follow a well-balanced diet



Maintain body weight within healthy limits



Ensure adequate fluid intake



Check and control blood pressure



Control blood sugar levels



Limit salt intake as per recommendations



Avoid regular use of OTC anti-inflammatory/pain-killer pills



Avoid smoking and alcohol consumption



Know the early signs of kidney issues

References

1. Renal Physiology of Pregnancy; National Center for Biotechnology Information
2. 6-Step Guide to Protecting Kidney Health; National Kidney Foundation



Source: https://www.momjunction.com/articles/hydronephrosis-during-pregnancy_00342575/