

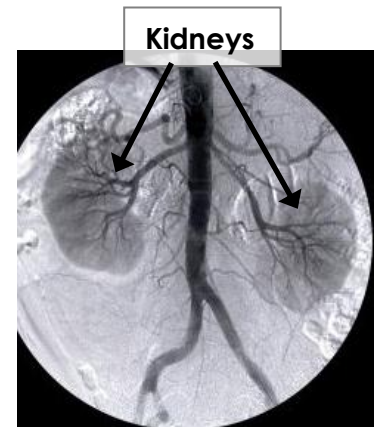
# Nephrotic syndrome relapse

## What is nephrotic syndrome relapse?

Healthy kidneys filter waste and extra fluid from your blood. The waste and extra fluid go out of the body in your urine. In nephrotic syndrome relapse, the kidneys leak protein into the urine instead of keeping it in the blood.

The body needs protein to hold fluids that your body needs inside the arteries and veins. If there is not enough protein, the fluid can leak into other tissues in your body.

Between relapses, the kidneys do not leak protein.



## What are the symptoms?

- Protein in the urine. This may be found when testing with Albustix® or Uristix®.
- Puffy eyes in the morning. Ankles and stomach may be swollen. Clothes may be tighter than normal.
- Sudden weight gain.

## What causes it?

The reason is not always known. It could be caused by:

- Infections, vomiting, diarrhea, chickenpox or ear infections.
- Allergies.
- Not taking medicine as prescribed by the doctor.

## How is it treated?

- Your child's doctor will decide if medicine is needed. Follow the directions your child's doctor gives you. Do not start prednisone unless you have talked with your health care provider.
- Your child may need to follow a low salt diet.
- The amount of fluids your child drinks may be limited.
- You will need to test your child's urine daily with Albustix or Uristix. If the urine protein is negative, the urine will need to be tested two or three times a week. Keep a written record of the test results. Bring the record to your clinic visits.

## For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**