

Your Kidney Test Results



Name: _____

Date: _____

Chronic Kidney Disease (CKD) Tests	Results	Why It Is Important
Serum Creatinine and Estimated Glomerular Filtration Rate (eGFR)	CKD is an eGFR less than 60 Your Serum Creatinine Result: Your eGFR Result:	eGFR estimates how well your kidneys are filtering blood. As kidney disease gets worse, the creatinine goes up and the eGFR goes down.
Urine Albumin-to-Creatinine Ratio (UACR)	CKD is more than 30 Your Result:	Urine albumin checks for kidney damage. The lower the result, the better.

Other Important Tests	Results	Why It Is Important
Blood Pressure	Goal: Your Result:	High blood pressure makes the heart work harder and can damage blood vessels in the kidneys.
Hemoglobin (Hgb)	Normal: 12-17 Your Result:	Low hemoglobin is a sign of Anemia. Anemia may be the result of kidney disease. You may feel tired and cold.
Bicarbonate	Normal: More than 22 Your Result:	Bicarbonate measures the acid level in your blood.
Blood Urea Nitrogen (BUN)	Normal: Less than 20 Your Result:	BUN checks how much urea, a waste product, is in your blood.
Potassium	Normal: 3.5 to 5.0* Your Result:	Potassium affects how your nerves and muscles are working. High or low levels can be dangerous.
Calcium	Normal: 8.5 to 10.2* Your Result:	Calcium keeps your bones strong and your heart rhythm steady. CKD can lower the amount of calcium in your bones.
Phosphorus	Normal: 2.7 to 4.6* Your Result:	Phosphorus is important for strong bones and healthy blood vessels. High levels may cause soft bones, hard blood vessels and itchy skin.
HgA1c (for patients with diabetes)	Goal: Less than 7% Your Result:	HgA1c (hemoglobin A1c) estimates the blood sugar average over 3 months.
Vitamin D	Normal: 30 or more Your Result:	Vitamin D is important for bones and heart health.

*Normal ranges may vary.