



## Common Physical Symptoms of Chronic Kidney Disease

All persons with CKD are different and may feel a bit differently from their kidney disease. Some of the common symptoms related to CKD include the following:

- Feeling Tired (Fatigue) - due to anemia (“low blood”) common in CKD
- Nausea/Vomiting & Poor appetite - due to build-up of waste products not cleared by the kidneys
- Swelling (or Edema) - due to extra fluid in your body from salt intake or reduced kidney function
- Shortness of Breath - due to extra fluid in body and from anemia
- Changes in urination pattern: Nocturia (passing more urine at night time) - due to body’s loss of ability to concentrate urine/keep fluid in body
- Mental slowness or “Fuzzy Thinking” - due to build up of waste products not cleared by the kidneys
- Trouble with Sleeping - due to “messed up” sleep cycle
- Dry itchy skin - due to build up of waste products, especially phosphorus

Have you felt any of these symptoms? Circle the ones you have noticed.

Here are some strategies that may help you to feel better:

1. See your doctor regularly for lab work to see how well your kidneys are working
2. Get plenty of rest including naps if needed
3. Limit your salt/sodium intake to reduce swelling
4. Follow your diet as directed by your doctor or health provider
5. Take your medicines as directed
6. Check your BP daily and alert your doctor if elevated more than usual

What can you do to help yourself feel better?

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