



Your Kidney Status Report
For Patients with Chronic Kidney Disease (CKD)

<u>Name of Test</u>	<u>What it means</u>	<u>Your usual result (baseline)</u>	<u>Last result/date</u>
<u>Kidney Function:</u>			
GFR (Glomerular Filtration Rate)	Tells how well your kidneys are filtering/cleaning your blood	_____	_____
Creatinine & BUN (Blood Urea Nitrogen)	Tells how much waste products are building up in your bloodstream	_____ _____	_____ _____
Potassium	A substance in your blood that affects your heart, nerves and muscles	_____ Goal: 3.5 to 5.5	_____
<u>Blood Pressure:</u>	Measures the amount of pressure of blood in your blood vessels	_____ Goal: <130/80	_____
<u>Anemia Tests:</u>			
Hemoglobin	Measures the amount of red blood cells (RBCs) that carry oxygen to your body	_____ Goal: 9.5 to 11.0	_____
TSAT (Transferrin Saturation)	Measures the amount of iron available in your body to make red blood cells	_____ Goal: >20%	_____

Ferritin (Iron)

Tells the amount of iron stored in your body; needed to make RBCs

Goal: >100

**Bone Health:
Phosphorus**

A substance that affects your bones, Blood vessels and muscles; found in foods we eat

Goal: 2.4-4.5

Calcium

Another substance important for Healthy bones and for your heart

Goal: 8.5-10.2

PTH (Parathyroid Hormone)

Important for control of calcium and phosphorus levels in your blood

Goal depends on your stage of CKD

- Stage 3 CKD (GFR of 30-59): 35-70
- Stage 4 CKD (GFR of 15-29): 70-110
- Stage 5 CKD (GFR of <15): 150-300

Vitamin D

A vitamin important for your bones and your heart, keeps calcium level normal

Goal: Total >30

Comments: