

# Your Kidney Test Results

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

Other Important Tests	Results	Why It Is Important
<b>Blood Pressure</b>	Goal: <b>Your Result:</b>	High blood pressure makes the heart work harder and can damage blood vessels in the kidneys.
<b>Serum Albumin</b>	Normal: 3.4 to 5.0* <b>Your Result:</b>	Albumin is a protein that helps measure how well you are eating.
<b>Bicarbonate</b>	Normal: More than 22 <b>Your Result:</b>	Bicarbonate measures the acid level in your blood.
<b>Blood Urea Nitrogen (BUN)</b>	Normal: Less than 20 <b>Your Result:</b>	BUN checks how much urea, a waste product, is in your blood.
<b>Potassium</b>	Normal: 3.5 to 5.0* <b>Your Result:</b>	Potassium affects how your nerves and muscles are working. High or low levels can be dangerous.
<b>Calcium</b>	Normal: 8.5 to 10.2* <b>Your Result:</b>	Calcium keeps your bones strong and your heart rhythm steady. CKD can lower the amount of calcium in your bones.
<b>Phosphorus</b>	Normal: 2.7 to 4.6* <b>Your Result:</b>	Phosphorus is important for strong bones and healthy blood vessels. High levels may cause soft bones, hard blood vessels and itchy skin.
<b>Parathyroid Hormone (PTH)</b>	Normal: Less than 65 <b>Your Result:</b>	PTH controls the calcium and phosphorus levels in your blood. It is needed to keep bones and blood vessels healthy.
<b>Vitamin D</b>	Normal: 20 or more <b>Your Result:</b>	Vitamin D is important for bones and heart health.

\*Normal ranges may vary.

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Other Important Tests, continued	Results	Why It Is Important
<b>A1C (for patients with diabetes)</b>	Goal: <b>Your Result:</b>	A1C estimates average blood sugar levels over 2 to 3 months.
<b>Total Cholesterol</b>	Normal: Less than 200 <b>Your Result:</b>	Cholesterol measures the amount of fat in your blood. Too much cholesterol can clog blood vessels or arteries in the heart and kidneys.
<b>HDL Cholesterol</b>	Normal: More than 40 <b>Your Result:</b>	HDL is the good cholesterol and clears bad fats out of your arteries.
<b>LDL Cholesterol</b>	Normal: Less than 100 <b>Your Result:</b>	LDL is the bad cholesterol and can clog your arteries.
<b>Triglycerides</b>	Normal: Less than 150 <b>Your Result:</b>	Triglyceride is a type of fat in the blood.
<b>Hemoglobin (Hgb)</b>	Normal: 12 to 17* <b>Your Result:</b>	Low hemoglobin is a sign of anemia. You may feel tired if you have anemia.

\*Normal ranges may vary.

**Notes:** \_\_\_\_\_

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## ADULT PEDIATRIC UROLOGY & UROGYNECOLOGY

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National Institute of Diabetes and Digestive and Kidney Diseases

