



# Caring for Your Kidneys

## Surrey Kidney Care Centre

Suite 300

9801 King George Boulevard

Surrey, BC V3T 5H5

Phone: 604-587-7630

Fax: 604-587-7660

### My Kidney Care Team

Place team contact information label here

This booklet belongs to: \_\_\_\_\_

My 1<sup>st</sup> Clinic Visit Date: \_\_\_\_\_



For Provincial Renal Agency medications

**Macdonald's Pharmacy      604-874-9668**  
**or**

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**My Pharmacy:**

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**My Laboratory:**

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**My Public Health Unit:**

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# My Medications

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

Medication Name	How much I take How often I take it

**Note** We can print out a medication list from our database. Please ask us.

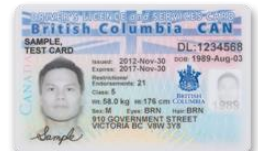
## Identification

We work hard to make sure our clients get the service or procedure intended for them. We do this by confirming who you are 2 ways.

At each appointment, we ask you to tell us your name and date of birth and we ask you to show us photo identification.

Please bring to every appointment:

- ✓ Your BC Services Card
- or
- ✓ Your BC CareCard and driver's license (or other photo identification such as a passport)



## Quality of Care

We are committed to providing our clients with high quality kidney care services. We welcome your feedback about the care you are receiving. Quality health care is important to all of us. Your feedback is our chance to improve our care or services.

If you have any concerns about your care at any time, please feel free to contact our manager.

See the back of this booklet for the name and phone number of our manager.

If you are not comfortable talking with the manager or you are not happy about how your concern was handled, please contact our Patient Care Quality Office:



1-877-880-8823



[pcqoffice@fraserhealth.ca](mailto:pcqoffice@fraserhealth.ca)



11762 Laity Street, 4<sup>th</sup> Floor  
Maple Ridge, BC, V2X 5A3

To learn more, ask us for the Patient Care Quality Office brochure.

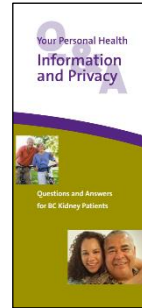


## My Personal Health Information

We collect and transmit your personal health information electronically to the database system of BC Provincial Agency (BCPRA), an agency of the Provincial Health Services Authority.

Your information is securely stored at the BCPRA's central site, and its use is strictly controlled.

To learn more, ask us for our brochures on information privacy.



## *my ehealth*

*My ehealth* is an online tool that offers a secure way to get your laboratory results. Most results are available within 24 to 48 hours.

*My ehealth* is a free service. It is available in 4 languages and works on personal computers and mobile smartphones.

To sign up, please go to [myehealth.ca](http://myehealth.ca) and register.





To learn more about *my ehealth*, ask us.

## What is eGFR?

eGFR (or GFR) stands for the estimated glomerular filtration rate. This is a blood test that tells us how well your kidneys are working. Specifically, it estimates how much blood is passing through your kidneys each minute.

- The lower your eGFR, the less your kidneys are working.
- It is normal for your eGFR to go up or down a little with each blood test.

**But** if your eGFR keeps going down, we will need to see you more often.

eGFR Results and Kidney Function				
More than 60	45 to 59	30 to 44	15 to 29	Less than 15
Within normal range	Kidney Disease			Kidney failure
	Mild	Moderate	Severe	
Kidney Function Remaining				
				

My eGFR: \_\_\_\_\_

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

## What can I do to help my kidneys?

- ✓ Control your blood pressure.  
Aim for a blood pressure result to be **130/80** or less.
- ✓ Eat healthy foods.  
Eat more fresh foods.  
Eat less salt and salty foods. Salt can increase your blood pressure. Avoid packaged, processed, and canned foods – they have added salt.  
Ask a dietitian about drinking caffeine and/or alcoholic beverages.
- ✓ Stop smoking or cut back on how much you smoke.
- ✓ Control your blood sugar if you have diabetes.  
Your A1C result (average blood sugar over 3 months) should be less than 7.0%.
- ✓ Exercise or do activities you enjoy such as walking or gardening.  
Aim to do 30 minutes of activity at least 5 times a week.
- ✓ Recognize stress and how it affects your health.
- ✓ Talk to your family doctor or pharmacist before taking or using any over-the-counter medicines or supplements.  
You can take acetaminophen (Tylenol).  
Do not take these medicines (or medicines that contain) **ibuprofen** (Advil, Motrin), **Indocid**, **naproxen** (Aleve, Naprosyn), **Celebrex**, and **Voltaren**.
- ✓ If you need an x-ray that includes x-ray dye, tell them you have kidney problems and ask them not to use x-ray dye.
- ✓ See your family doctor regularly.



## Why Do I Need Regular Tests?

You might not feel or notice your kidneys slowing down.

Blood and urine tests are the best way for us to know how well your kidneys are working.

We ask to have these test done regularly so that we can try to catch problems that could harm your kidneys.

It is very important that you follow the blood and urine test schedule that your doctor orders.

A test schedule usually looks like this:

eGFR Result and Laboratory Test Frequency		
59 to 30	29 to 15	Less than 15
Every 3 months	Every 2 months	Once per month

Your doctor will give a form for the laboratory that tells them how often you need your tests.

Keep track of when your blood test is due.

**My next blood test is in \_\_\_\_\_(month)**

**and then every \_\_\_\_ months**

JAN FEB MAR APR MAY JUN

JUL AUG SEP OCT NOV DEC

## Reminders!!!

- Go for regular blood tests to check your kidney function.
- When going for a cholesterol test, make sure you do not eat or drink anything except water for 10 hours before the blood test.
- Please go to LifeLabs Medical Laboratory Services for your blood tests. Small or independent laboratories often do not forward your results to our clinic.
- Please go for your scheduled blood tests at least 2 to 3 days before all clinic appointments.





# My Blood Pressure Record

My Target Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Date	Time	Blood Pressure	Pulse	Comment



## My Education Sessions

Education Session	Date
<input type="checkbox"/> Living Well with Kidney Disease	
<input type="checkbox"/> Healthy Eating for your Kidneys	
<input type="checkbox"/> Healthy Eating for Diabetes and Kidney Disease	
<input type="checkbox"/> Dining out and Label Reading	
<input type="checkbox"/> Stress, your Health and Living Well	
<input type="checkbox"/> Understanding Blood Work and Symptoms	
<input type="checkbox"/> Treatment Modalities	



# Surrey Kidney Care Centre

Phone: 604-587-7630

Manager: \_\_\_\_\_

Phone: \_\_\_\_\_

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)