

What is eGFR?

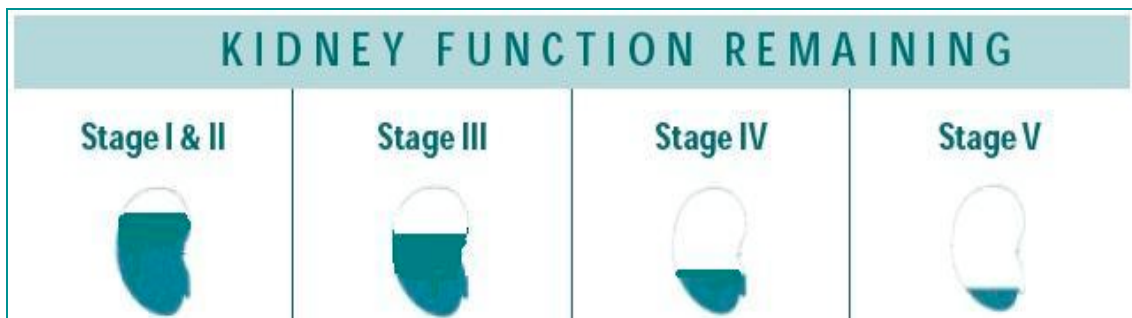
- eGFR or GFR is a blood test that tells us how well your kidneys are working.
- The lower your eGFR, the less your kidneys are working.
- It is normal for your eGFR to go up or down with each blood test.

BUT

- If your eGFR keeps going down, we will need to see you more often.

eGFR Stages

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
90 or more	89-60	59-30	29-15	Less than 15
at risk	mild	moderate	Severe	severe, need treatment



My eGFR is: _____ Date: _____

Why Do I Need Regular Blood Tests?



Your kidneys will work very hard even when they are damaged. You may or may not have any signs or symptoms that your kidneys are slowing down.

Blood and urine tests are the best way for us to know how well your kidneys are working. We need to check the tests regularly because it gives us a chance to catch problems that may harm your kidneys.

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

The blood test schedule usually looks like this:

Stage 3	Stage 4	Stage 5
59-30	29-15	Less than 15
Every 3 months	Every 2 months	Once per month

Your doctor will give your lab a form that tells them how often you need your tests. You will need to keep track of when your blood test is due.

You will not need to bring a form each time you go to the lab.

My next blood test is due: _____ and then every ___ months.

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC

My lab is: BC Bio

MDS Metro

What Can I Do to Help My Kidneys?

TAKE AN ACTIVE ROLE IN YOUR OWN CARE

1. Keep your blood pressure (BP) in control. The BP for kidneys should be 130/80 or below.

My last BP was: _____

2. Eat less salt and salty foods. Salt can make your BP high. Eat more fresh foods and less packaged, processed and canned foods.
3. Stop smoking. Smoking blocks your blood vessels.
4. Have your cholesterol checked. Lowering your cholesterol may protect your kidneys.
5. Keep your blood sugar in control if you have diabetes.
6. Don't use over-the-counter pills or supplements without talking to your doctor or pharmacist.

Avoid x-ray dyes, cold remedies, arthritis or pain pills like ibuprofen, Advil, Motrin, Indocid, Naprosyn, Celebrex and Voltaren. Tylenol is ok.

7. Stay active and control your weight. Do some kind of daily activity that you like: walking, gardening.
8. Learn to manage stress in your life.
9. See your doctor regularly. This is how you will know how your kidneys are doing.