Lab Tracking Tool

Kidney Smart

Blood Chemistry	What does it mean?	Goal ranges for CKD (non dialysis)	My Lab Values			
			Date	Date	Date	Date
Glomerular Filtration Rate GFR	Measures the ability of your kidneys to filter waste. Determines stage of kidney disease.	Stage1: >90 Stage 2: 60-89 Stage 3: 30-59 Stage 4: 15-29 Stage 5: <15				
Creatinine Cr	Waste product from muscle turnover. Level increases as kidney function decreases.	1.3-15 mg/dL				
Blood Urea Nitrogen BUN	Waste product from protein. Level increases as kidney function decreases.	10-80 mg/dL				
Potassium K+	Helps regulate muscle function. Too much or too little can affect how your heart beats.	3.5-5.0 mEq/L				
Calcium Ca	Helps keep your bones strong and healthy. Level may be affected by diet, medications and kidney function.	8.4-10.2 mg/dL				
Phosphorus PO4	Used in bone formation. Level may be affected by diet, medications and kidney function. As kidney function decreases, phosphorus may build up in your blood and weaken the bones or harm your heart.	Stages 3-5 (non-dialysis): 2.7-4.6 mg/dL				
Parathyroid Hormone PTH	Regulates blood calcium levels. As kidney function decreases, blood calcium levels may decrease. PTH may become elevated as it tries to raise your blood calcium level back to normal. Over time, calcium and phosphorous are both pulled from your bones causing them to become brittle.	Consult with physician for optimal level and treatment plan.				
Albumin Alb	Measures nutrition and protein status. Ask your doctor or dietitian about how much protein you should eat.	Greater than 4.0 g/dL				
Hemoglobin Hb	Hemoglobin is the portion of your red blood cell which carries oxygen throughout your body. Levels will be affected by protein, hormone production and Iron stores. Low levels will make you tired and short of breath.	Consult with physician for optimal level and treatment plan.				
Glucose Glu	Blood sugar. Keeping your blood sugar in control will help prevent further kidney damage.	Less than 200 mg/dL (non-fasting)				
Hemoglobin Hb A1C	If you have diabetes, HbA1C is a snapshot of your blood sugar control over approximately three months. Keeping your blood sugars in control is an important step in slowing down and preventing further kidney damage.	Individualized by Physician				
Blood Pressure BP	Keeping your blood pressure in control may help to slow down further kidney damage.	Less than 130/80				

Normal ranges for blood chemistries may vary based on laboratory companies. Consult with your physician for individual recommendations. All results should be interpreted by your physician or healthcare team before any changes are made in your diet or medications. ****Source: A Clinical Guide to Nutrition Care in Kidney Disease, Edited by Laura Byham-Gray, PhD, RD, CNSD and Karen Wiesen, MS, RD; Pocket Guide to Nutrition Assessment of the Patient with Chronic Kidney Disease, 4th edition, National Kidney Foundation, 2009; Kidney Disease: Improving Global Outcomes (KDIGO) CKD-MBD Work Group. KDIGO clinical practice guideline for the diagnosis, evaluation, prevention, and treatment of chronic kidney disease – mineral and bone disorder (CKD-MBD). Kidney International 2009; 76 (Suppl. 113): S1-S130.