Your Kidney Care Action Plan

Checking your kidney function

Your tests check two (2) things: eGFR (estimated glomerular filtration rate) and creatinine. These test results help your doctors understand how well your kidneys are working and the stage of your chronic kidney disease (CKD).

Your eGFR _____% Your creatinine _____ Your CKD stage _____

Stages of CKD	eGFR	% of Kidney Function
Stage 1 Kidney damage with normal kidney function	90 or higher	90–100% 
Stage 2 Kidney damage with mild loss of kidney function	89–60	89–60% 
Stage 3A Mild to moderate loss of kidney function	59–45	59–45% 
Stage 3B Moderate to severe loss of kidney function	44–30	44–30% 
Stage 4 Severe loss of kidney function	29–15	29–15% 
Stage 5 Kidney failure	Less than 15	Less than 15% 

CENTRAL HEALTH

What to bring to every doctor appointment

Complete your lab tests before your kidney doctor appointment. You do not need to fast for these lab tests. Bring the following items with you to **every** kidney clinic appointment.

- Your blood pressure log.
- Your blood glucose log (if you have diabetes).
- All the medicines you are currently taking.

Your kidney health goals

To help slow your kidney disease, it is important to:

- Check your blood pressure at home, as your doctor advises.
- Check your blood sugar at home, as your doctor advises.
- Bring all the medicines that you take to your doctor visits.
- Stay active for at least 30 minutes a day, five (5) days a week.
- Eat less salt. Limit sodium to no more than 2,300 mg each day.
- Choose fresh foods more often than fast or packaged foods.
- Eat at least two (2) cups of vegetables every day.
- If you smoke, quit or stay away from cigarette smoke.
- Stay at your healthy goal weight of _____.

Things you can do to keep your kidneys healthy



Be active and eat healthy foods.



Quit smoking, vaping, and using tobacco.



Bring all your medicines to your doctor appointments.



Stay at a healthy weight.



Drink water as your kidney doctor recommends.



Take all your medicines as prescribed.



Drink less alcohol.



Go to all your scheduled doctor appointments.



Avoid NSAIDs (pain medicines) such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®).

Write down any questions for your kidney doctor here:

_____

_____