

# Your Kidney Test Results



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

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

Chronic Kidney Disease (CKD) Tests	Results	Why It Is Important
<b>Glomerular Filtration Rate (GFR)</b>	CKD is less than 60 <b>Your Result:</b>	GFR estimates how well your kidneys are filtering blood. Your goal is to keep your GFR from going 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: Below 130/80 <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: More than 30 <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: Less than 7 <b>Your Result:</b>	A1C measures average blood sugar levels over 2 – 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. Anemia occurs when you don't have enough red blood cells and feel tired.

\*Normal ranges may vary.

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

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For more information, visit [www.nkdep.nih.gov](http://www.nkdep.nih.gov) or call 1-866-4 KIDNEY (1-866-454-3639).

The National Kidney Disease Education Program (NKDEP) encourages people to get tested for kidney disease and educates those with kidney disease and their providers about treatments that can help delay or prevent kidney failure. NKDEP is a program of the National Institutes of Health.

