



Zone Tool

Chronic Kidney Disease (CKD)

Green Zone – CKD under control

- No shortness of breath
- No swelling
- Urinating without problems
- No pain, not tired or weak
- Monitoring fluids and foods, especially those with potassium, protein and salt

Your symptoms are under control.

- Continue taking your medications as prescribed by your physician
- Continue monitoring intake of fluids, diet, weight gain and/or any weight loss
- Keep all physician appointments

Yellow Zone – Change is needed

CAUTION (WARNING)

If you have any of the following:

- Shortness of breath
- Increased swelling of the hands, feet, ankles and around the eyes
- Increased tiredness, dizziness, trouble thinking
- Loss of appetite, not eating well
- Decreased urine output or blood in urine
- Nausea, vomiting and/or heartburn
- Changes in blood pressure (higher or lower than usual)
- New pain in lower back/body or kidney area
- New or worsening headache or muscle aches
- Fever over 101° for 24 hours

ACT NOW

Your symptoms may indicate you need an adjustment in medication, weight management or plan of care.

- Contact your physician, home health nurse, dialysis team or care coordinator

Red Zone – Need immediate medical care

EMERGENCY

- Increased shortness of breath, especially at rest
- Faster heart rate, chest pain, back pain
- Unable to urinate
- Increased fatigue, trouble staying awake
- Fever, chills
- Increased nausea and vomiting, loss of appetite

CALL your physician, home health agency or 911 right away.

If you are at risk for kidney disease, it is important to know your glomerular filtration rate (GFR). A blood test can check your GFR, and a urine test can also be used to check your kidneys.

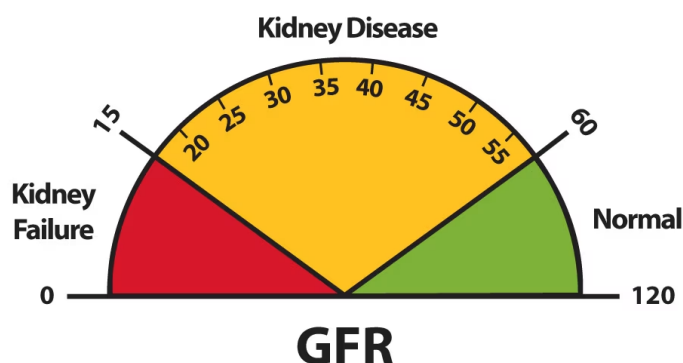
Tests and Diagnosis

Kidney Disease



Blood Test

Glomerular (glow-MAIR-you-lure) filtration rate (GFR) can be checked by a blood test to show how well your kidneys are filtering your blood. The rate of GFR is reported as a number. The illustration from the National Institute of Diabetes and Digestive and Kidney Diseases below shows what GFR numbers are in the normal, kidney disease and kidney failure ranges.

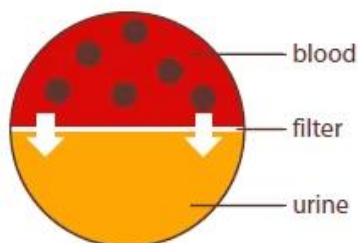


- A GFR of **60 or higher** is in the normal range.
- A GFR **below 60** may mean you have kidney disease.
- A GFR of **15 or lower** may mean you have kidney failure.

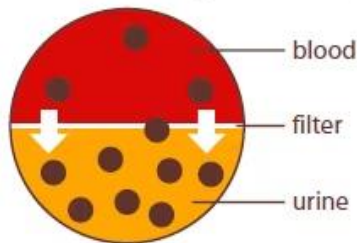
Urine Test

According to the National Institute of Diabetes and Digestive and Kidney Diseases, measuring the amount of albumin in the blood can also be used as an indicator for possible kidney disease. Albumin is a protein found in the blood. A healthy kidney does not let albumin pass into the urine, while a damaged kidney will let some albumin pass into the urine. The less albumin found in a urine test, the better.

Inside a *healthy* kidney



Inside a *damaged* kidney



- A urine albumin result **below 30** is in the normal range.
- A urine albumin result **above 30** may mean you have kidney disease.

National Institute of Diabetes and Digestive and Kidney Diseases
[Explaining Your Kidney Test Results: A Tool for Clinical Use](#)