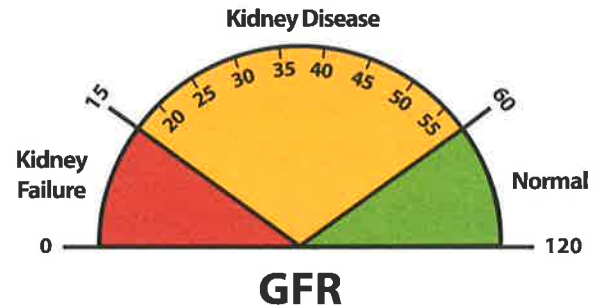


# How well are your kidneys working?

## Explaining Your Kidney Test Results

Your GFR result on \_\_\_\_\_ was \_\_\_\_\_.  
*Date*

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



### What is GFR?

GFR stands for glomerular filtration rate. GFR is a measure of how well your kidneys filter blood.

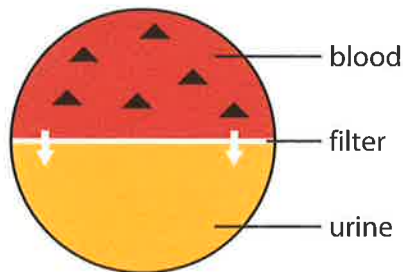
Your urine albumin result on \_\_\_\_\_ was \_\_\_\_\_.  
*Date*

- A urine albumin result below 30 is normal.
- A urine albumin result above 30 may mean kidney disease.

### What is urine albumin?

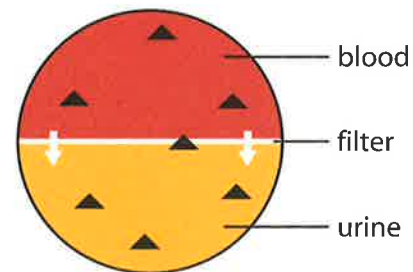
Albumin is a protein found in the blood. A healthy kidney does not let albumin pass into the urine. A damaged kidney lets some albumin pass into the urine. The less albumin in your urine, the better.

**Inside a healthy kidney**



▲ albumin

**Inside a damaged kidney**

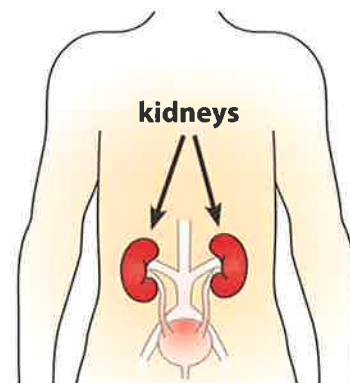


Your blood pressure result on \_\_\_\_\_ was \_\_\_\_\_.  
*Date*

Keeping your blood pressure below 130/80 may help to protect your kidneys.

## What your kidneys do

You have two kidneys. Their main job is to filter waste and extra water out of your blood and make urine.



## How your kidneys are checked

Two tests are used to check for kidney disease.

- A blood test checks your GFR, which tells how well your kidneys are filtering.
- A urine test checks for albumin in your urine, a sign of kidney damage.

## Why your kidneys are being checked

You need to have your kidneys checked because you can't feel kidney disease. Kidney tests are very important for people who have diabetes, high blood pressure, or heart disease. These conditions can hurt your kidneys.

## What happens if you have kidney disease

Kidney disease can be treated. The sooner you know you have kidney disease, the sooner you can get treatment to help delay or prevent kidney failure. Treating kidney disease may also help prevent heart disease.

Treatment goals are to:

- Keep your GFR from going down
- Lower your urine albumin

## No matter what your results are:

- Keep your blood pressure below 130/80.
- Keep your blood glucose and blood cholesterol in your target range.
- Eat foods that are healthy for your heart and cut back on salt.
- Be physically active.
- Stop smoking.
- Take medicines the way your provider tells you to.

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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) is an initiative of the National Institutes of Health (NIH).