

My kidney health tracker

Keeping track of and understanding your lab values will help you better manage your kidney health. Staying up to date on these important tests is a vital part of keeping your kidneys healthy and preventing problems that can happen from reduced kidney function.

**Please note that it's expected that some of your results may be outside of the normal ranges because of kidney disease. Your individual target range will be based on your health status.*

Ask your doctor what target ranges are best for you!

Name:

My next appointments:

DATE / TIME

Kidney function labs (Normal ranges may vary) ¹	Description	My results					
		DATE	DATE	DATE	DATE	DATE	DATE
BUN Blood Urea Nitrogen (2.1–8.0 mmol/L)*	BUN is the amount of urea (a waste product left over from protein you eat) in the blood. Your kidneys filter out urea in the urine. A high level means the kidneys are having trouble filtering the blood. Your BUN is usually high with kidney disease.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
Cr Creatinine <i>Female: 22–75 µmol/L*</i> <i>Male: 49–93 µmol/L*</i>	Creatinine is a waste product that builds up in your blood from normal muscle activity. It is removed by the kidneys and is measured to see how well your kidneys are working. A high level means the kidneys are having trouble eliminating waste. Your creatinine will be high with kidney disease.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
GFR Glomerular Filtration Rate	A formula that measures how well your kidneys are working. It also determines your <u>stage of kidney disease</u> . A lower GFR means lower kidney function. Your GFR will be low with kidney disease.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT

¹ Lab ranges from: <https://mcc.ca/examinations-assessments/resources-to-help-with-exam-prep/normal-lab-values/>

Bone health	Description	My results					
		DATE	DATE	DATE	DATE	DATE	DATE
Vitamin D 25-Hydroxy Vitamin D or 25-OH-D (75–250 nmol/L)	Vitamin D is important for bone health. This is important because kidney disease can impact your bones. Vitamin D levels that are too high or too low can be harmful.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
PO4 Phosphorus or Phosphate (0.81–1.58 mmol/L)	<u>Phosphorus</u> , along with calcium, keeps your bones and teeth strong and helps your nerves and muscles to work properly. High phosphorus or calcium can cause buildup of plaque in arteries and heart disease.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
Ca Calcium (2.12–2.52 mmol/L)		RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
PTH (Parathyroid Hormone) Intact Parathyroid Hormone (1.6–9.3 pmol/L)*	PTH (Parathyroid Hormone) is important to keep your bones healthy and maintain calcium and phosphorus levels in normal ranges. It is common for PTH (Parathyroid Hormone) to be high with kidney disease.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT

Anemia	Description	My results					
		DATE	DATE	DATE	DATE	DATE	DATE
Hct Hematocrit (0.38–0.50 L/L)	This is the percentage of red blood cells in the blood. If it is below 33%, you might need to be treated for anemia.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
Hgb Hemoglobin <i>Female: 115–155 g/L</i> <i>Male: 125–170 g/L</i>	Hemoglobin is the part of your red blood cells that carry oxygen to all parts of your body.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT

Other	Description	My results					
		DATE	DATE	DATE	DATE	DATE	DATE
Alb Albumin (34–50 g/L)	Albumin is an indicator of your nutritional status. Albumin is important to maintain a healthy blood volume and blood pressure.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
BP Blood Pressure	BP is a measure of how hard the blood is pushing against the walls of the arteries. High BP can damage blood vessels and the kidneys.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
HbA1c Hemoglobin (<5.7% without diabetes)* (<7% with diabetes)*	HbA1c is a measure of your average blood sugar over the last 2-3 months. If you have diabetes, keeping your A1c below your target level can help protect your kidneys.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
Blood Electrolyte Tests	The balance of the electrolytes in our bodies is essential for normal function of our cells and our organs. Electrolytes are filtered out of the body by the kidneys.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
K Potassium (3.5–5.1 mmol/L)	Potassium is an essential electrolyte, but with kidney disease, your kidneys are sometimes unable to get rid of extra potassium. This can cause blood levels to be too high.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
Na Sodium (136–146 mmol/L)	Sodium is an essential nutrient that helps keep water in the right places in your body. If your blood sodium level is too low, this might mean that your kidneys are not getting rid of water the way they should.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
CO2 Carbon Dioxide	Your kidneys help get rid of acid in your body. When they are not working well, acid can build up. A low CO2 level means there is more acid in your body.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT

Urine tests	Description	My results					
		DATE	DATE	DATE	DATE	DATE	DATE
Urine Protein or Urine Albumin <i>(Protein: <0.3 g/L)* (OR "Negative")*</i>	This test shows the amount of albumin and protein in the urine. Having albumin (or protein) in your urine is a sign of kidney damage.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
ACR Albumin to Creatinine Ratio ($\leq 2.0 \text{ g/mol Cr}$)*	This test measures protein in your urine, which is a sign of kidney damage. It is a different way to measure the amount and type of protein than "urine protein."	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT
CLCR Creatinine <i>(Clearance - only 24-hour urine test)*</i>	This test is measured by collecting urine for 24 hours. This shows how fast your kidneys are removing creatinine from your blood, which helps your doctors know how well your kidneys are working.	RESULT	RESULT	RESULT	RESULT	RESULT	RESULT

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

