

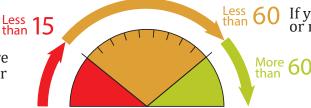
Tests for kidney health



eGFR test estimated Glomerular Filtration Rate (blood creatinine test)

- The eGFR blood test shows how well your kidneys are working.
- Your eGFR is a number based on your age, gender, race/ethnicity, and how much creatinine (a natural waste product) is in your blood.
- Healthy kidneys filter creatinine out of your blood. Having too much creatinine in your blood can be a sign of kidney disease.

If your eGFR is below 15, you may have kidney failure and need to start dialysis or have a kidney transplant.



If your eGFR is under 60 for 3 months or more, you may have kidney disease.

More than If your eGFR is 60 or more, this usually means your kidneys are working the way they should.



Urine test

- A urine test looks for blood or protein (albumin) in your urine.
- A technician will look at a sample of your urine under a microscope to check for blood or protein.



Blood or protein in your urine could be a sign that your kidneys are not working as well as they should.

Tests for diabetes

To diagnose diabetes	of diabetes		of diabetes
Fasting glucose test - Measures how much glucose (sugar) is in your blood after fasting overnight (not eating or drinking).	Less 99		More 100
Non-fasting glucose test - Measures how much glucose (sugar) is in your blood about 2 hours after you have had something to eat or drink.	Less 140		More 141
A1C blood test - An A1C test is used to diagnose diabetes or measure how well you are managing your diabetes if you already have it. It measures the average	Less than 5.7%	5.7%-6.4%	More than 6.5%
amount of glucose (sugar) that has been in your blood over the last three months.	▲ Normal	▲ Pre-diabetic	▲ Diabetes

If you have diabetes

• Check your blood sugar often to know your levels. In most cases, your blood sugar should be:

70-130 Before eating

ESS THAN 180 2 hours after eating

90-150 at bedtime

Aim to have an A1C of 7% or less if you have diabetes.







Tests for kidney health

Blood pressure test



- A blood pressure test measures how hard your heart is working to pump your blood.
- High blood pressure is the second most common cause of kidney disease.
- Kidney disease can also cause high blood pressure.

Less 120/80

120/80 (120 over 80) or less is considered healthy for most people.

More 140/90

140/90 (140 over 90) or more is too high.



Body mass index (BMI) test

- BMI is a measure of body fat based on your height and weight.
- Being overweight or obese can increase your risk of kidney disease.

	Body mass index (BMI)	
Underweight	LESS THAN 18.5	
Normal	18.5 - 24.9	
Overweight	25 - 29.9	
Obese	30+	

Visit your doctor as soon as possible to discuss your test results!

Important things to remember

- 1. When your kidneys are permanently damaged and don't work as well as they should, it is called chronic kidney disease (CKD).
- 2. Diabetes and high blood pressure are the most common causes of chronic kidney disease and kidney failure.
- 3. The best ways to help prevent kidney disease are to keep a healthy blood sugar level and a healthy blood pressure.
- 4. Finding and treating kidney disease early may help prevent kidney failure.
- 5. The best way to know how well your kidneys are working is to get a blood or urine test.

For more information about testing for kidney disease, visit: KidneyFund.org/tests

