

My Kidney Health Tracker

If you have or are at risk for chronic kidney disease (CKD), lab tests can help you and your doctor know what is happening with your kidneys. There are different tests for different stages of kidney disease. If you are in an early stage of kidney disease, your doctor will perform tests to measure your kidney function. If you are in a later stage of kidney disease or on dialysis, your doctor will perform tests to see if the kidney treatments are working. You can use these tests to help track your kidney health.

Serum Creatinine

- This test checks for how much creatinine is in your bloodstream. It is a blood test.
- The normal range is .8 to 1.4 mg/dl

Glomerular Filtration Rate (GFR)

- Glomerular filtration rate (GFR) measures how much kidney function you have. A low level of GFR may mean your kidneys are no longer working as well as they should to remove waste from your body.
- A math formula is used to calculate it using your blood creatinine level, your age, sex, and body size. In adults, GFR declines with age, even in people without kidney disease.

Albumin-to-Creatinine Ratio (ACR)

- A simple urine test used to detect protein in your urine is an albumin-to-creatinine ratio (ACR). Excessive protein in the urine is one of the earliest symptoms of kidney disease. In a single urine specimen, less than 30 mg of albumin per gram of creatine is normal. More than 30 mg is high; 30 to 300 mg is very high.
- The ACR is calculated by dividing the albumin concentration in milligrams by the creatinine concentration in grams.

Blood Urea Nitrogen (BUN)

Your liver creates urea nitrogen as a waste product from the proteins in your food. The waste product is measured in your blood as blood urea nitrogen (BUN) and ends up filtered by your kidneys.

- Healthy kidneys get rid of most of the BUN from the blood through the urine. When your kidneys aren't working well, they can't remove as much. This causes the BUN level in your blood to rise. BUN also can rise if you eat more protein.
- Normal range is 7 to 20 mg/dl

Hemoglobin A1C

- Hemoglobin A1C is a blood test that gives a 3-month snapshot of blood sugar control.



