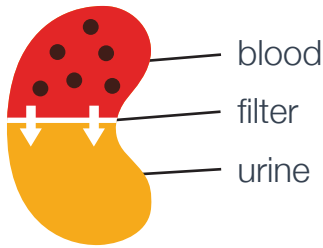


Kidney Health Check Chart

Name: _____

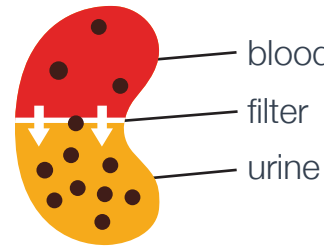
Date of birth: _____

Inside a health kidney



Healthy kidneys have a filter that stops protein from leaking into the urine.

Inside a damaged kidney



Sick kidneys don't filter your blood properly which allows protein to leak into your urine.

● Protein

You can ask your GP to check how healthy your kidneys are with 3 tests



BP Check

Take your blood pressure
Good < 120/80
OK 120/80 - 140/90
Too HIGH >140/90



eGFR Check

Take some blood to test your eGFR
Your eGFR number tells us how well your kidneys are working to filter the blood.



ACR Check

Test some of your urine.
If you have protein in your urine this could mean your kidney filter may not be working well.

Stages of chronic kidney disease

Kidney Disease is classified into stage depending on your eGFR and ACR (protein)

Stage	eGFR ml/min)	Kidney Diagram	Amount of protein in urine (mg/g)		
			Male <2.5 Female <3.5	Male 2.5 - 25 Female 3.5 - 35	Male >25 Female >35
1	More than 90		Green circle	Yellow circle	Red circle
2	60 - 89		Green circle	Yellow circle	Red circle
3	30 - 59		Yellow circle	Orange circle	Red circle
4	15 - 29		Red circle	Red circle	Red circle
5	under 15 or on dialysis		Red circle	Red circle	Red circle

YOUR RESULT = eGFR + ACR (Protein in urine) = STAGE _____

Please turn over to see explanation

2 0

Looking after your kidneys

How often should I have a kidney check?

Green - HEALTHY

Repeat kidney health check with your GP at least every 12 months

Yellow - MILD DAMAGE

Repeat kidney health check with your GP at least every 12 months

Orange - MODERATE DAMAGE

Repeat kidney health check with your GP at least every 3-6 months

Red - SEVERE DAMAGE

Repeat kidney health check with your GP at least every 1-3 months

1



If you have diabetes keep your blood sugar at the recommended level

Speak to our diabetes educator to talk about testing your glucose levels at home, getting a new glucometer, accessing test strips on the NDSS, or learn more about your injections and insulin safety

2



Keep your blood pressure at the level recommended by your doctor

Get your blood pressure checked by your GP or AHW

3



Take your medicine exactly as prescribed

See your pharmacist to get an up to date medication list you can take to your appointments. Find out what your medications are for and how they work. Ask any questions you may have about your medicines.

4



Try to do at least 30 minutes of exercise every day

Join our weekly exercise group **OR** ask your GP for a referral to an exercise physiologist in the community.

5



Eat healthy food

See our dietitian to talk about healthy eating for healthy kidneys.

6



Learn about your kidneys

See our dietitian to talk about healthy eating for healthy kidneys.