

# Kidney Care Clinic: Nutrition-Related Test Results Information Sheet for Adult Patients

Date: \_\_\_\_\_ Patient: \_\_\_\_\_  
Dietitian: \_\_\_\_\_ Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Take all your medications as directed. Make sure you discuss with your kidney care team any time you start, stop or change any medications (prescription or over-the-counter). If you have questions about abnormal lab work results, please contact your kidney care team.

Test	Normal Values	My Value		What it is?	Why is it important?	What can I do?
<b>estimated Glomerular Filtration Rate (eGFR)</b>	Normal kidney function is over 60.  <u>Stages of Kidney Function</u> Stage 1 >90 Stage 2 60 – 89 Stage 3 30 – 59 Stage 4 15 – 29 Stage 5 <15	Date	Value	Measures how well your kidneys are working.  The lower your eGFR, the less your kidneys are working.	To know how well your kidneys are working so you can track your treatment and progress.  For some people, the goal is to maintain their current eGFR. For others, it is to slow down the rate of the decline.	<ul style="list-style-type: none"> <li>Maintain a healthy weight and blood pressure.</li> <li>Drink enough water. Talk to your kidney care team about how much to drink if you have been told to restrict fluids.</li> <li>Ask your dietitian about fruits and vegetables.</li> <li>If you smoke, try to stop.</li> <li>Control/maintain blood sugar levels.</li> <li>Be as physically active as your body allows.</li> </ul> <p><a href="http://myhealth.alberta.ca/Alberta/Pages/Exercise-and-chronic-kidney-disease.aspx">myhealth.alberta.ca/Alberta/Pages/Exercise-and-chronic-kidney-disease.aspx</a> Even if your eGFR declines, keeping a healthy lifestyle is helping your overall health.</p>
<b>Urine Albumin to Creatinine Ratio (ACR)</b>	Less than 3  High levels on a consistent basis can be a sign of kidney damage.	Date	Value	Measures the amount of protein in your urine.	Tracking your ACR may help with measuring disease activity and guiding treatment.	<ul style="list-style-type: none"> <li>Maintain a healthy weight and blood pressure.</li> <li>Lower your sodium intake.</li> <li>Control/maintain blood sugar levels.</li> <li>Avoid high protein diets. Talk with your dietitian about how much protein you need.</li> <li>Refer to Proteinuria handout: <a href="http://www.bcrenalagency.ca/resource-gallery/Documents/Proteinuria-Patient_Handout.pdf">www.bcrenalagency.ca/resource-gallery/Documents/Proteinuria-Patient_Handout.pdf</a></li> </ul>

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<b>Hemoglobin A1C (HgbA1C)</b>	For people with diabetes, the target is often less than 7.0  My target A1C is: _____	Date	Value	Measures your average blood sugar over the past 3 months. (different than your day-to-day blood sugar levels).	Controlling and maintaining blood sugar levels helps protect your kidneys and other organs.	<ul style="list-style-type: none"> <li>Maintain a healthy weight.</li> <li>Limit large portions of refined breads, cereals, pasta and rice, sugary and processed foods.</li> <li>Eat regular meals and snacks.</li> <li>Be as physically active as your body allows.</li> <li>Take insulin and other medications as prescribed.</li> <li>Let your kidney care team know if you have hypoglycemia (low blood sugar) events.</li> </ul>
<b>Potassium (K+)</b>	3.5 to 5.0 Many people with kidney disease have potassium levels which are too high or too low.	Date	Value	A mineral found in many natural and processed foods.	Keeping levels within a normal range helps the muscles and heart to contract.	<ul style="list-style-type: none"> <li>Review your potassium intake with your dietitian.</li> <li>If high: Limit high potassium foods. Take potassium lowering medications if prescribed.</li> <li>If low: Eat more high potassium foods. Take potassium supplement if prescribed.</li> <li><a href="#">BCRenalAgency.ca</a> ► <a href="#">Health Info</a> ► <a href="#">Managing my Care</a> ► <a href="#">Diet</a> ► <a href="#">Potassium Diet Guidelines</a></li> </ul>
<b>Calcium (Ca)</b>	2.1 to 2.6 Many with kidney disease have calcium levels which are too high or too low.	Date	Value	A mineral found in food such as dairy products.	Keeping levels within the normal range helps keep your bones, blood vessels and muscles healthy.	<ul style="list-style-type: none"> <li>Talk with your kidney care team about whether or not you need to take calcium or Vitamin D supplements.</li> </ul>
<b>Phosphate (P04)</b>	0.8 to 1.5  Many with kidney disease have phosphate levels which are too high.	Date	Value	A mineral found in natural and processed foods as well as food additives.	Keeping levels within the normal range helps keep your bones and blood vessels healthy.	<ul style="list-style-type: none"> <li>Avoid processed foods with phosphate additives. Ask your dietitian about limiting other foods that contain phosphorus.</li> <li>Take phosphate binders with food if prescribed.</li> <li><a href="#">BCRenalAgency.ca</a> ► <a href="#">Health Info</a> ► <a href="#">Managing my Care</a> ► <a href="#">Diet</a> ► <a href="#">Phosphorus Diet (handout) and 30 Minute Meals (video)</a></li> </ul>

Test	Normal Values	My Value		What it is?	Why is it important?	What can I do?
Other		Date	Value			
Other		Date	Value			
Other		Date	Value			
Other		Date	Value			