

What's Normal? Info on Your Blood Work

reaching out  
giving hope  
improving lives

American Kidney Fund®



**Take Charge:  
Protect Your Kidneys!  
Know Your Numbers!  
Get Tested!**

**Want to sign up for a free kidney test?**

**Call our toll-free HelpLine!**

**866-300-2900**

**Or email:**

**takecharge@kidneyfund.org**

**You can also find more info about your lab results by  
visiting: <http://www.kidneyfund.org/takecharge>**



American Kidney Fund®



Your identification and medical history.  
[www.VeriMedInfo.com](http://www.VeriMedInfo.com)

# Do You Know Your Kidney Numbers?

## Tests for kidney disease

## Talk to your doctor if:

Kidney Function Test (eGFR)	Less than 60
Urine Test for Protein (microalbumin)	More than 30 or 1+
Blood Test for Creatinine (SCr)	More than 1.2

## You are More at Risk for Kidney Disease if You:







- Have Diabetes (“Sugar”)
- Have High Blood Pressure
- Have a family member on dialysis
- Are African American, Hispanic/Latino, Asian/Pacific Islander, or Native American
- Are over 60 years old



## Other Important Tests

## Normal for Most

Blood Pressure	Less than 120/80  
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### Blood Tests

Glucose (“Blood Sugar”)-Before Eating	Less than 100	
Hemoglobin A1C	Less than 6%	
Cholesterol (Total)	Less than 200	
HDL (good)	More than 40	 
LDL (bad)	Less than 100	
Triglycerides - Before Eating	Less than 150	 

	Women	Men	
Hematocrit (Hct)	36 - 44%	41- 50%	
Hemoglobin (Hgb)	More than 12	More than 13	 

Tests For:  Kidneys  Diabetes  Heart Health  Anemia