



Know Your Blood Work: eGFR

Your kidneys clean waste and extra fluid from your blood. This makes up your urine (pee). They also do many other jobs that you need in order to live.

Kidney disease often has no symptoms until it is very far along. The only way to know how well your kidneys are working is to get tested. This is very important for people who have diabetes, high blood pressure or a family history of kidney disease.

▶ What is eGFR?

The eGFR (estimated Glomerular Filtration Rate) is a number based on your blood test for creatinine. It tells how well your kidneys are working.

The eGFR is a good test, but it's not for everyone. For example, this test may not be accurate if you are younger than 18, pregnant, very overweight or very muscular. Talk to your doctor to find out if this test is right for you.

▶ How can I get my eGFR?

Your doctor will test your blood for creatinine. Creatinine is a waste that comes from your muscles. Your doctor will use the result from your creatinine test, your age, your sex and your race to calculate your eGFR.

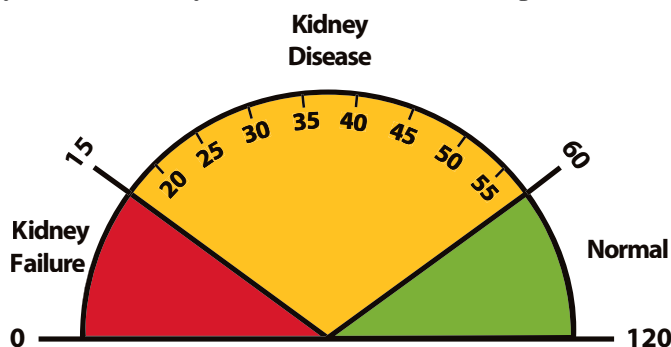
▶ What is my eGFR?

My lab results show that my eGFR was _____ on _____.
(Date)

My doctor suggests that I have my eGFR checked again on _____.
(Date)

▶ What does my eGFR mean?

Use this scale to see what your eGFR may mean. Then, read the tips on the back to learn more.



Based on the National Kidney Disease Education Program, available at www.nkdep.nih.gov/resource/explaininggfr.htm

► If your eGFR was 60 or MORE...

Ask your doctor when you should be tested again. He or she might also look for other signs to make sure you are not at risk for kidney disease. Your doctor may look at:

- Your urine (for protein or blood)
- Your blood (for other wastes)
- Your blood pressure
- Your blood sugar



Help keep your kidneys healthy!

- Talk to your doctor about your risk for kidney disease
- Eat a heart healthy diet (low in fat and salt)
- Exercise most days of the week to keep a healthy weight
- See your doctor at least once a year
- Treat high blood pressure and diabetes if you have them

► If your eGFR was LESS than 60...

Talk to your doctor soon. If this was your first eGFR test, ask your doctor when you should be tested again. Your doctor will want to see if your eGFR is **less than 60 for 3 months or more**.

If your doctor tells you that you have chronic kidney disease:

- Keep your blood pressure less than 130/80
- Control your blood sugar if you have diabetes
- Eat a heart healthy diet (low in fat and salt) and talk to your doctor for more details
- Exercise most days of the week to keep a healthy weight
- Do not smoke or use tobacco
- Talk to your doctor about medicines that might help

If you treat kidney disease early, you can slow it down!

If kidney disease is not treated, it can cause your kidneys to fail and you will need dialysis or a kidney transplant in order to live.

► Where can I learn more?

Learn more about how to protect your kidneys!

To order our free *Living Well with Chronic Kidney Disease* brochure, call 866.300.2900.

For more information about eGFR and chronic kidney disease, talk to your doctor. You can also call our toll-free HelpLine at 866.300.2900 or visit our website at www.kidneyfund.org.

