



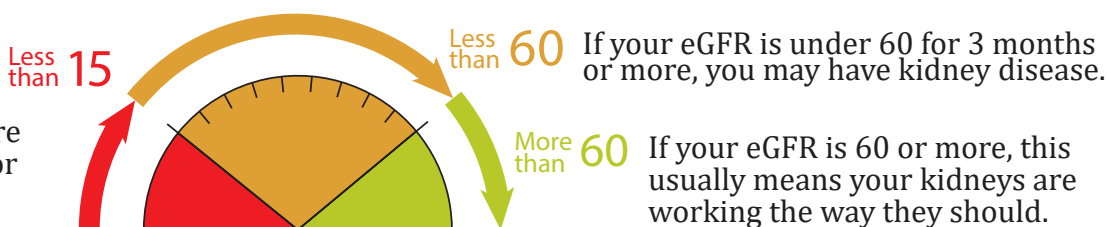
# Tests for kidney health



## eGFR test estimated Glomerular Filtration Rate (blood creatinine test)

- The eGFR blood test shows how well your kidneys are working.
- Your eGFR is a number based on your age, gender, and how much creatinine (a natural waste product) is in your blood.
- Healthy kidneys filter creatinine out of your blood. Having too much creatinine in your blood can be a sign of kidney disease.

If your eGFR is below 15, you may have kidney failure and need to start dialysis or have a kidney transplant.



If your eGFR is under 60 for 3 months or more, you may have kidney disease.

If your eGFR is 60 or more, this usually means your kidneys are working the way they should.

## Urine test



- A urine test looks for blood or protein (albumin) in your urine.
- A technician will look at a sample of your urine under a microscope to check for blood or protein.



Blood or protein in your urine could be a sign that your kidneys are not working as well as they should.

## Tests for diabetes

### To diagnose diabetes

**Fasting glucose test** - Measures how much glucose (sugar) is in your blood after fasting overnight (not eating or drinking).

Low risk of diabetes

Less than 99

High risk of diabetes

More than 100

**Non-fasting glucose test** - Measures how much glucose (sugar) is in your blood about 2 hours after you have had something to eat or drink.

Less than 140

More than 141

**A1C blood test** - An A1C test is used to diagnose diabetes or measure how well you are managing your diabetes if you already have it. It measures the average amount of glucose (sugar) that has been in your blood over the last three months.

Less than 5.7%

5.7%-6.4%

More than 6.5%

▲ Normal

▲ Pre-diabetic

▲ Diabetes

### If you have diabetes

- Check your blood sugar often to know your levels. In most cases, your blood sugar should be:

**70-130** Before eating

LESS THAN **180** 2 hours after eating

**90-150** at bedtime

- Aim to have an A1C of 7% or less if you have diabetes.



# Tests for kidney health

## Blood pressure test



- A blood pressure test measures how hard your heart is working to pump your blood.
- High blood pressure is the second most common cause of kidney disease.
- Kidney disease can also cause high blood pressure.

Less than **120/80** 120/80 (120 over 80) or less is considered healthy for most people.

More than **140/90** 140/90 (140 over 90) or more is too high.

## Body mass index (BMI) test



- BMI is a measure of body fat based on your height and weight.
- Being overweight or obese can increase your risk of kidney disease.

Body mass index (BMI)	
Underweight	<b>LESS THAN 18.5</b>
Normal	<b>18.5 - 24.9</b>
Overweight	<b>25 - 29.9</b>
Obese	<b>30+</b>

Visit your doctor as soon as possible to discuss your test results!

## Important things to remember

1. When your kidneys are permanently damaged and don't work as well as they should, it is called chronic kidney disease (CKD).
2. Diabetes and high blood pressure are the most common causes of chronic kidney disease and kidney failure.
3. The best ways to help prevent kidney disease are to keep a healthy blood sugar level and a healthy blood pressure.
4. Finding and treating kidney disease early may help prevent kidney failure.
5. The best way to know how well your kidneys are working is to get a blood or urine test.

### For more information

[kidneyfund.org/all-about-kidneys/tests-kidney-disease](https://www.kidneyfund.org/all-about-kidneys/tests-kidney-disease)