

Your

# Kidney Test Results

Chronic Kidney Disease Tests	Results	Why it is Important
Glomerular Filtration Rate	CKD is less than 60	GFR estimates how well your kidneys are filtering blood. Your goal is to keep your GFR from going down.
Urine Albumin-to-Creatinine Ratio (UACR)	CKD is more than 30	Urine albumin checks for kidney damage. The lower the result, the better.

Other Important Tests	Results	Why it is Important
Blood Pressure	Goal: 130/80	High blood pressure makes the heart work harder and can damage blood vessels in the kidneys
Serum Albumin	Normal: 3.4 to 5.0	Albumin is a protein that helps measure how well you are eating
Bicarbonate	Normal: More than 22	Bicarbonate measure the acid level in your blood
Blood Urea Nitrogen (BUN)	Normal: Less than 20	BUN checks how much urea, a waste product, is in your blood.
Potassium	Normal: 3.5 to 5.0	Potassium affects how your nerves muscles are working. High or low levels can be dangerous.
Calcium	Normal: 8.5 to 10.2	Calcium keeps your bones strong and your heart rhythm steady. CKD can lower the amount of calcium in your bones.
Phosphorus	Normal: 2.7 to 4.6	Phosphorus is important for strong bones and healthy blood vessels. High levels may cause soft bones, hard blood vessels and itchy skin.

<b>Parathyroid Hormone (PTH)</b>	Normal: Less than 65	PTH controls the calcium and phosphorus levels in your blood. It is needed to keep bones and blood vessels healthy.
<b>Vitamin D</b>	Normal: More than 30	Vitamin D is important for bones and heart health.
<b>A1C (for patients with diabetes)</b>	Goal: Less than 7	A1C measures average blood sugar levels over 2-3 months.
<b>Total Cholesterol</b>	Normal: Less than 200	Cholesterol measures the amount of fat in your blood. Too much cholesterol can clog blood vessels or arteries in the heart and kidneys.
<b>HDL Cholesterol</b>	Normal: More than 40	HDL is the good cholesterol and clears bad fats out of your arteries.
<b>LDL Cholesterol</b>	Normal: Less than 100	LDL is the bad cholesterol and can clog your arteries.
<b>Triglycerides</b>	Normal: Less than 150	Triglyceride is a type of fat in the blood.
<b>Hemoglobin (Hgb)</b>	Normal: 12 to 17	Low hemoglobin is a sign of anemia. Anemia occurs when you don't have enough red blood cells and feel tired.