

7 Lab Values to Know & Understand for CKD (and ask your nephrologist about)



"Hey, Doc - so whats my...?"

Creatinine/BUN - both of these are "waste" products in your blood from protein intake, elevated levels dictate what your kidney function is.

GFR (Glomular Filtration Rate) - this is the rate in which your kidneys are actually working, think of it as on a scale of 1-100%. The lower the number, the lower the percentage is.

Proteinuria - this is how much protein is being spilled into your urine - the more prtoein is there, the greater the damage is occurring

CO2 (Carbon Dioxide) - this indicates how "acidic" your blood is and whether your kidneys are able to buffer the acid, this can also be from having an acidic diet

Hemoglobin - your kidneys tell your bones to make red blood cells, when your hemoglobin is low you are considered anemic and feel worn out or tired

Potassium & Phosphorus - these two nutrients when not being filtered properly by your kidneys, can cause heart and bone issues

Vitamin D 25 - your kidneys activate Vitamin D for your body/bones to use, often you need a supplement

