

Protecting your kidneys



How we check your kidney health

KING'S
College
LONDON



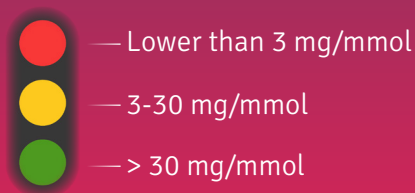
Testing for kidney health: What to expect

Single blood test

- **Creatinine**
- **Potassium**
- **eGFR**

Urine test

- Urinary albumin: creatinine ratio (uACR)



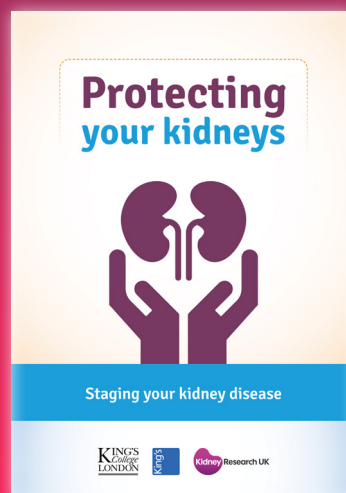
Additional tests

- Most people will need require a urine dipstick (looking for blood or infection in your urine)
- Some people may require a kidney scan (ultrasound or CT scan)

For CKD stage 3 or greater

These tests should be done at least once per year (either by your GP or kidney team).

- ① See the **'Staging your kidney disease'** leaflet for more information on CKD stages





Creatinine:

Creatinine, a waste product from muscle breakdown, is measured by a blood test to assess kidney function. Healthy kidneys filter creatinine out of the blood, so \uparrow creatinine = \downarrow kidney function



Estimated Glomerular Filtration Rate (eGFR):

eGFR estimates how well your kidneys filter blood, measured in mL/min/1.73m². We may refer to it to as your percentage kidney function (e.g. 60mL/min/1.73m² = 60%). It decreases slightly with age due to fewer functioning filters in the kidneys (roughly 1% per year).



Potassium:

Potassium is a vital mineral. Most people with early to middle-stage kidney disease have normal potassium levels, but it can become dangerously high with advanced kidney damage or certain medications.



Urinary Albumin:Creatinine Ratio (uACR):

UACR, calculated from a urine sample, measures albumin leakage from kidney filters due to damage. High albumin in urine often does not present any symptoms and is linked to faster decline in kidney function and increased heart attack or stroke risk.

The Point-of-Care (POC) Kidney Clinic



Useful links

CKD Health Check
Kidney Care UK



Kidney Tests
National Kidney Foundation



For more detailed information
about your kidneys
(available in 40 languages)



What should I read next?
3 – Staging your kidney disease

