

Protecting your kidneys









Staging your kidney disease

KING'S
College
LONDON



Staging your chronic kidney disease

Stages of chronic kidney disease	Combined Kidney Function %	Symptom/implication
STAGE 1 kidney conditions with normal kidney function	100-90% 	In the early stages people often have no symptoms. At these stage, CKD is only diagnosed with a kidney-specific condition.
STAGE 2 Mild to moderate	89-60% 	
STAGE 3a Moderate	59-45% 	Many people have no symptoms at this stage as well. You may only notice an increase in blood pressure.
STAGE 3b No change	44-30% 	
STAGE 4 No change	29-15% 	You will likely be referred to a kidney specialist to help manage.
STAGE 5 Advanced kidney disease	Less than 15% 	People will be seen in the advanced kidney care clinics to discuss next steps. Some people will choose dialysis and/or a kidney transplant (usually when <10%) or receive supportive care to manage the symptoms comfortably.

Only 1 in 50 people with CKD end up requiring dialysis.

Symptoms to look out for

Most people have no symptoms until at least CKD stage 4 (less than 30% function).

These symptoms are common and may also be related to a different condition. If concerned please speak to your doctor.



Fatigue = Tiredness /
Lack of energy



Shortness of breath
Decreased appetite



Leg swelling



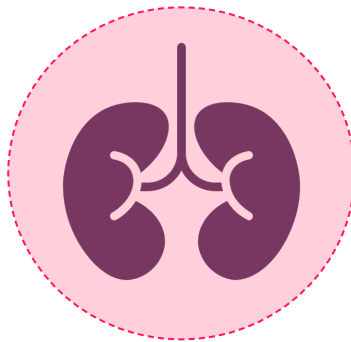
Muscle cramps



Heartburn



Itching



Poor sleep



Bone joint



Reduced mobility

The Point-of-Care (POC) Kidney Clinic



Useful links

Kidney disease stage
Kidney Care UK



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



What should I read next?

4 – Diet and lifestyle recommendations

