

Department of Nutrition and Dietetics

Renal Disease: Blood Results Pre-dialysis

The combination of the correct diet and taking medication as prescribed aims to help minimise the symptoms of kidney disease. We encourage you to take an interest in your blood results and use the chart below to record the results over a period of time.

Test	What is it?	Desirable level	Date	Date	Date	Date
Estimated glomerular filtration rate (eGFR)	Value gives an approximate guide to remaining percent of kidney function left and a guide to when dialysis is needed					
Albumin	A protein present in blood	Over 35 g/l				
Potassium (K⁺)	An electrolyte which can affect the heart if too high or low	3.5-5.5mmol/l				
Phosphate (PO₄)	Correct levels important to maintain healthy bones and heart	0.9 – 1.5 mmol/l				
Calcium (Ca²⁺)		2.10- 2.58 mmol/l				
Haemoglobin (Hb)	Red blood cell level in blood – low levels indicate anaemia.	100 – 120g/l				
Parathyroid hormone (PTH)	A hormone which can affect the bone and heart if levels become very elevated.	1.1-4.2pmol/L				



Patient Information

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust.

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Document History

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