

Department of Nutrition and Dietetics

Renal Disease: Blood results

Blood results can be affected by the quality of your dialysis, diet and other circumstances e.g. illness or infection. This information sheet is a guide to help you monitor your results. If you would prefer to monitor your blood results and target levels online, you can use a system called 'patient view'. Please ask a member of the renal team or your renal dietitian if you would like more information.

Test	What is it?	Desirable level before dialysis	Date	Date	Date	Date
Urea	Waste product in blood	12 – 28 mmol/l				
Urea Reduction	Gives an indication of how good dialysis is	The urea level should be reduced by >65%				
Albumin	A protein present in blood	Over 30 g/l				



Patient Information

Potassium (K⁺)	An electrolyte which can affect the heart if too high or low	4.0 – 6.0 mmol/l				
Phosphate (PO₄)	Correct levels important to maintain healthy bones and heart	1.1 – 1.7 mmol/l				
Calcium (Ca²⁺)		2.1 – 2.5 mmol/l				
PTH		14-62 pmol/l				
Vitamin D		50-175 ng/ml				
Bicarbonate	Important for maintaining balance of acid in body	22-29mmol/l				
Haemoglobin (Hb)	Red blood cell level in blood – low levels show anaemia.	100 – 120 g/l				
Fluid Weight Gains	Extra fluid gained in between dialysis	Less than 2Kg				

This leaflet was produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust.

Contact number: 024 7696 6151

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6151 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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