Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Nutrition and Dietetics

Renal disease - Blood results

Blood results can be affected by factors such as the quality of your dialysis, your diet and other circumstances like illness or infection. This leaflet is designed to help you monitor your results.

If you would prefer to track your blood results and target levels online, you can use a system called ‘Patients Know Best.’ 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	Indicates how good dialysis is	The urea level should be reduced at least >65%-75%				
Albumin	A protein present in blood	Over 30 g/l				

Potassium (K^+)	An electrolyte that can affect the heart if too high or low	4.0 – 6.0 mmol/l				
Phosphate (PO_4)	Correct levels are important for healthy bones and heart	1.1 – 1.7 mmol/l				
Calcium (Ca^{2+})		2.1 – 2.5 mmol/l				
PTH		17-76.5 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

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@UHCW_RenalDiet

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.

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