



Your lab results tell us a lot about your kidneys and how they are working. Understanding each lab value helps you take an active role in your own kidney health.

**People with chronic kidney disease have slightly different goals for lab results compared to people without kidney disease.**

\*NOTE: The NORMAL lab values below are for those with chronic kidney disease.

Test	Approximate NORMAL Values*	What it is and Why is it Important?
Creatinine	45—110 umol/L	<ul style="list-style-type: none"> <li>Waste made by muscle activity and tissue breakdown</li> <li>Level goes up as kidney function goes down</li> </ul>
Estimated Glomerular Filtration Rate (eGFR)	More than 60 mLs/min	<ul style="list-style-type: none"> <li>Tells you how well your kidneys are working</li> <li>The lower the eGFR, the less your kidneys are working</li> <li>Goal is to keep your eGFR stable to delay the decrease in kidney function</li> </ul>
Urine Albumin to Creatinine Ratio (ACR)	Less than 3 mg/mmol	<ul style="list-style-type: none"> <li>Amount of protein (albumin) in the urine</li> <li>When kidneys are damaged, protein (albumin) leaks into the urine</li> <li>Good blood pressure and blood sugar control helps decrease protein in the urine</li> <li>You may need medication to control protein (albumin) in the urine</li> </ul>
Urea	Less than 8 mmol/L	<ul style="list-style-type: none"> <li>Waste made by the body</li> <li>Level goes up as kidney function goes down</li> </ul>
Hemoglobin (Hgb)	More than 115 g/L	<ul style="list-style-type: none"> <li>Part of the red blood cells that carry oxygen</li> <li>Level often goes down as kidney function goes down</li> <li>With chronic kidney disease, your target may be between 90 and 115</li> </ul>
Iron Saturation	More than 20%	<ul style="list-style-type: none"> <li>Tells how much iron you have available to make new red blood cells</li> <li>If low, you may need iron supplements</li> </ul>
Hemoglobin A1C (HgbA1C)	Less than 7% for most people	<ul style="list-style-type: none"> <li>Shows how your blood sugars have been over the past three months</li> <li>Good blood sugar control helps protect your kidneys and other organs</li> <li>A higher level may be recommended if you have multiple health problems</li> </ul>





Test	Approximate NORMAL Values*	What it is and Why is it Important?
Potassium (K <sup>+</sup> )	3.5—5.2 mmol/L	<ul style="list-style-type: none"> <li>Mineral found in most foods</li> <li>Helps with muscle and nerve function so must be watched closely</li> <li>You may need diet changes or medication to keep levels safe</li> </ul>
Sodium (Na <sup>+</sup> )	135—145 mmol/L	<ul style="list-style-type: none"> <li>Mineral that helps balance water in your body</li> <li>Important in blood pressure control and fluid balance</li> </ul>
Calcium (Ca <sup>2+</sup> )	2.1—2.6 mmol/L	<ul style="list-style-type: none"> <li>Mineral found in food such as dairy products</li> <li>Helps to keep bones, blood vessels and muscles healthy</li> <li>May go down as kidney function goes down</li> <li>You may need medication to keep levels normal</li> </ul>
Phosphate (PO <sub>4</sub> )	0.8—1.5 mmol/L	<ul style="list-style-type: none"> <li>Mineral found in food such as dairy products</li> <li>Helps to keep your bones and blood vessels healthy</li> <li>May go up as kidney function goes down</li> <li>You may need diet changes or medications to help keep levels acceptable</li> </ul>
Parathyroid Hormone (PTH)	Less than 8 pmol/L	<ul style="list-style-type: none"> <li>Hormone that helps to balance calcium and phosphate</li> <li>Often goes up as kidney function goes down</li> <li>You may need diet changes and/or medications to help keep levels acceptable</li> <li>Ask what your target PTH is</li> </ul>
Albumin	More than 35 g/L	<ul style="list-style-type: none"> <li>Protein in the blood that helps fight infection and heal wounds</li> <li>If low, the kidney dietitian will assess your diet for changes</li> </ul>
Bicarbonate (HCO <sub>3</sub> )	25—35 mmol/L	<ul style="list-style-type: none"> <li>A low HCO<sub>3</sub> means your blood has too much “acid”</li> <li>May go down when kidney function goes down</li> <li>You may need medication to help keep your levels normal</li> </ul>

**Please ask your healthcare team any questions you have about your lab results.**

