

What can you do
to keep your kidneys healthy?



Stop smoking



Take your tablets



Move more



Talk to your family/
whanau about
being healthy and
for their support



Lose weight



Don't take medicines
that can damage
your kidneys, like
Nurofen and
Voltaren. Talk to your
doctor if you need to
take any painkillers.



Have less fat
and salt in
your food

Kidney Health
NEW ZEALAND

Prevention • Support • Research

0800 KIDNEY (0800 543 639)

www.kidney.health.nz

eGFR/ Creatinine Blood Test

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Creatinine is the most common test used to check how well your kidneys are working. Creatinine is a normal waste product in your body that is taken out of your body by the kidneys. If the kidneys are not working well there will be more Creatinine in your blood.

eGFR this is estimated Glomerular Filtration Rate – when you have a blood Creatinine test the laboratory works out the eGFR from the same test. The eGFR is the percentage of normal kidney function that you have. For example, an eGFR of 30mL/min/1.73² is about the same as 30% of your kidneys working.

What do the numbers mean?

Creatinine – normal range is between 45 – 90 $\mu\text{mol/L}$

eGFR – normal range is anything greater than 90 mL/min/1.73 (or 90%)

If your kidneys are not working properly your eGFR will go down.

As we age our kidney function does decrease, so if your number is below the normal range it could be fine. Your doctor or nurse will be able to tell you if you need more tests.

The eGFR result is used to work out what level or percent your kidneys are working at so they can be put into stages of kidney function. This can also help your doctor to know what to do to look after your kidneys depending on which stage they are.



Glomerular
Filtration
Rate

Stages of Kidney Damage

eGFR is greater than 90 mL/min = **Stage 1**

eGFR is between 89-60 mL/min = **Stage 2** (means mild kidney damage)

eGFR is between 59 – 45 mL/min = **Stage 3a** (means the kidneys are only working half as well)

eGFR is between 44 - 30 mL/min = **Stage 3b** (means the kidneys are not working very well at all)

eGFR is between 29 – 15 mL/min = **Stage 4** (means the kidneys are very badly damaged)

eGFR is less than 15 mL/min = **Stage 5** (means kidneys are not able to keep going by themselves)

