

Zone Tool - Renal Failure



Green Zone

- No shortness of breath
- No swelling
- Urinating with no problems
- Watching intake of foods/fluids
- No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

Your symptoms are under control.

- Continue taking your medications as ordered
- Continue daily weights
- Keep all physician appointments
- Keep scheduled dialysis appointments
- Eat small, frequent meals throughout the day

Yellow Zone

- Some shortness of breath
- Increased swelling—some edema
- Increased tiredness with any activity
- Decreased urine output
- Nausea and vomiting
- Poor appetite, headache, muscle aches
- Changes in blood pressure
(higher or lower than usual)

Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.

- Call your physician, dialysis team or home health nurse

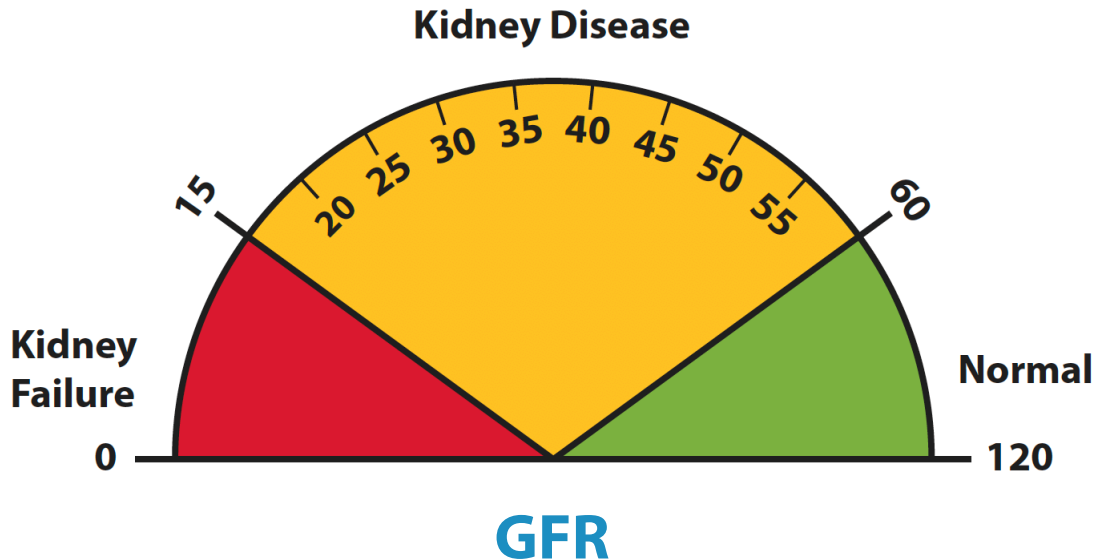
Red Zone

Call your physician right away or call 911

- Increased shortness of breath (faster, unrelieved, etc.)
- Faster heart rate—palpitations
- Fatigued, trouble staying awake
- Increased swelling—edema
- Increased pain—generalized
- Increased nausea and vomiting, loss of appetite
- Fever, chills
- Unable to urinate at all

GFR stands for glomerular (glow-MAIR-you-lure) filtration rate. A blood test checks your GFR, which tells how well your kidneys are filtering.

It's important to know your GFR if you are at risk for kidney disease. A urine test will also be used to check your kidneys.



National Institute of Diabetes and Digestive and Kidney Disease

GFR is reported as a number.

A **GFR of 60 or higher** is in the normal range.

A **GFR below 60** may mean you have kidney disease.

A **GFR of 15 or lower** may mean kidney failure.

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