Get To Know Your Kidney Lab Work
Information Sheet For Adult Patients

BCRenal
Provincial Health Services Authority

Your lab work tells us a lot about your kidneys and how they are functioning. Understanding what each lab value means will help you to keep track of your own kidney health.

Test	Approximate Normal Values	What it is
Estimated Glomerular Filtration Rate (eGFR)	Greater than 60	• This is a guide to your kidney health. • It tells how well your kidneys are working. • The lower your eGFR, the less your kidneys are working. • Goal is to keep your eGFR stable and delay progression of the disease.
Creatinine	45 to 110	• Waste made by muscle activity. • Level goes up as kidney function goes down.
Urine Albumin to Creatinine Ratio (ACR)	Less than 3	• Amount of protein in the urine. • In some people, protein from the blood leaks into the urine. • Good blood pressure control helps slow the loss. • You may also need medication to control protein loss in the urine.
Urea	Less than 9	• Waste made by the body. • Level goes up as kidney function goes down.
Hemoglobin (Hgb)	Greater than 115	• Part of your red blood cells that carry oxygen. • Level often goes down as kidney function goes down. • With chronic kidney disease, your target may be between 90 and 115.
Iron Saturation	Greater than 0.22	• Tells how much iron you have available to make new red blood cells. • If low, you may need iron supplements.
Ferritin	100 to 500	• A form of stored iron.
Hemoglobin A1C (HgbA1C)	Less than 7.0	• Shows how your blood sugars have been over the past three months. • Good blood sugar control helps protect your kidneys. • A higher level may be recommended based on your overall health.
Potassium (K^+)	3.5 to 5.0	• Mineral found in most foods. • You may need diet changes or medicatiton to keep levels safe.
Sodium (Na^+)	135 to 145	• Mineral that helps balance water in your body. • Important in blood pressure control and fluid balance.
Calcium (Ca^{2+})	2.1 to 2.6	• Mineral found in food, such as dairy products. • Helps to keep bones healthy. • May go down with low kidney function. • You may need medication to help maintain normal levels.
Phosphate (PO_4)	0.8 to 1.5	• Mineral found in foods such as dairy products and in the form of phosphorous additives. • May go up with low kidney function. • You may need diet changes or medication to help maintain normal levels

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Test	Approximate Normal Values	What it is
Intact Parathyroid Hormone (iPTH)	Less than 8	• Hormone that helps to balance calcium and phosphorus. • Often goes up when kidney function goes down. • You may need diet changes and/or take medications to maintain normal levels. • If on treatment, your health care team will suggest a target iPTH range for you.
Albumin	Greater than 35	• Protein in blood that helps fight infections and heal wounds. • If too low, ask your dietitian for help.
Bicarbonate (HCO3)	24 to 40	• May go down with low kidney function • A low HCO3 means your blood has too much “acid” • You may need medication to help maintain normal levels

If you have further questions or concerns about your blood work results, please discuss them with your nephrologist, renal nurse practitioner, family physician or your kidney care team.

You can download the latest version of this handout on the BC Renal website:
BCRenal.ca ➡ Health Info ➡ Kidney Care ➡ Kidney Care (Non-Dialysis) ➡ Resources for Kidney Patients ➡ Get to Know Your Kidney Lab Work

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