

PRINTABLE PATIENT WORKSHEET

My eGFR Is Abnormal: What Should I Do Next?

Bring this worksheet, your laboratory results, medication list and supplement list to your medical appointment.

PART 1 — MY KIDNEY NUMBERS

Name: _____

Date: _____

Current laboratory results

Creatinine: _____ mg/dL

eGFR: _____ mL/min/1.73 m²

Urine albumin-to-creatinine ratio (uACR): _____

Potassium: _____

Bicarbonate/CO₂: _____

Blood pressure: _____ / _____ mmHg

HbA1c, if applicable: _____

My previous kidney results

Date	Creatinine	eGFR	uACR
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Questions for my doctor

☐ Is this eGFR definitely abnormal for me?

- ☐ Could this result be temporary?
- ☐ Could dehydration, acute illness or medication have influenced it?
- ☐ How does it compare with my previous results?
- ☐ Should creatinine/eGFR be repeated?

Repeat test date: _____

- ☐ Have I had a quantitative urine ACR?
- ☐ Does the abnormality meet criteria for chronic kidney disease?
- ☐ If CKD is present, what are my GFR and albuminuria categories?

GFR category: _____

ALBUMINURIA category: _____

- ☐ What do you think is causing the abnormal kidney findings?

- ☐ How quickly, if at all, is my kidney function changing?

PART2 — SPECIALISTS, MEDICATIONS AND TESTING

Which professional do I need?

Ask about a NEPHROLOGIST if I have:

- ☐ Unexplained reduced kidney function
- ☐ Progressive eGFR decline
- ☐ Significant albumin/protein in urine
- ☐ Suspected medical or glomerular kidney disease
- ☐ Significant electrolyte or acid-base abnormalities

- ☐ Difficult-to-control hypertension
- ☐ Hereditary kidney disease
- ☐ Advanced CKD
- ☐ Elevated predicted kidney-failure risk

Nephrology referral recommended?

- ☐ Yes ☐ No ☐ Monitor first

Reason: _____

Ask about a UROLOGIST if I have:

- ☐ Kidney/ureteral stones
- ☐ Urinary obstruction
- ☐ Hydronephrosis
- ☐ Prostate-related obstruction
- ☐ Bladder/urinary-tract abnormality
- ☐ Structural kidney/urinary-tract problem
- ☐ Hematuria requiring urological evaluation

Urology referral recommended?

- ☐ Yes ☐ No

Reason: _____

Tests to discuss

- ☐ Repeat creatinine/eGFR
- ☐ uACR
- ☐ Urinalysis
- ☐ Potassium

- ☐ Bicarbonate/CO₂
- ☐ Other electrolytes
- ☐ Blood pressure
- ☐ Glucose/HbA1c
- ☐ CBC if indicated
- ☐ Calcium/phosphorus/PTH if indicated
- ☐ Kidney/urinary-tract ultrasound if indicated
- ☐ Cystatin C if additional GFR assessment would be useful
- ☐ Other: _____

Medication and supplement review

Bring **everything you take**, including nonprescription products.

- ☐ Prescription medications
- ☐ Ibuprofen/naproxen/other NSAIDs
- ☐ Other OTC medications
- ☐ Vitamins
- ☐ Minerals
- ☐ Herbal products/teas
- ☐ Protein powders
- ☐ Sports/bodybuilding supplements
- ☐ Electrolyte powders/drinks
- ☐ Potassium supplements
- ☐ Salt substitutes
- ☐ “Detox” or “kidney cleanse” products

Questions

- ☐ Are any of my medications affected by my kidney function?
- ☐ Does any medication require dose adjustment?
- ☐ Should I avoid or limit NSAIDs?
- ☐ Are my supplements appropriate?
- ☐ Are any medications I take actually kidney-protective?

Do not independently stop a prescribed medication because of an abnormal eGFR unless instructed by the clinician responsible for your care.

PART 3 — NUTRITION AND MY FOLLOW-UP PLAN

Questions for my doctor or kidney-experienced dietitian

- ☐ Do I actually need a kidney-specific diet?
- ☐ What protein intake is appropriate for me?

Protein target: _____

- ☐ What sodium intake is appropriate?

Sodium target: _____

- ☐ Is my potassium abnormal?

Potassium: _____

- ☐ Do I actually need dietary potassium restriction?
- ☐ Should I avoid potassium chloride salt substitutes?
- ☐ Is phosphorus restriction medically indicated?
- ☐ Should I specifically reduce foods containing phosphate additives?
- ☐ Is my current fluid intake appropriate?
- ☐ Are protein powders appropriate for me?

☐ Are electrolyte drinks appropriate for me?

☐ Am I at risk of inadequate nutrition or muscle loss?

☐ How should kidney nutrition be coordinated with diabetes, blood pressure or cardiovascular care?

My monitoring plan

Next creatinine/eGFR: _____

Next uACR: _____

Next medical appointment: _____

Nephrology appointment: _____

Urology appointment: _____

Dietitian appointment: _____

My three most important questions

1. _____

2. _____

3. _____

My treatment priorities

1. _____

2. _____

3. _____

Before I leave the appointment, I understand:

☐ Whether CKD has actually been confirmed

☐ My eGFR trend

- ☐ My uACR result
- ☐ The suspected cause
- ☐ Whether additional testing is required
- ☐ Whether I need nephrology
- ☐ Whether I need urology
- ☐ Whether I need individualized nutrition counseling
- ☐ Which medications or supplements require review
- ☐ When my kidney tests should be repeated
- ☐ Which symptoms or laboratory abnormalities require urgent medical attention