

Lab Tracker

Name _____

Date													
% kidney function you still have	GFR (Glomerular Filtration Rate) your normal _____ target: no decrease												
waste product level in blood	Creatinine normal < 1 target: no increase												
related medications/ diet: ACE inhibitors and meds to control BP and BS/ low Na+, low pro, diabetic diet													
anemia Red Blood Cells	Hgb (hemoglobin) target: 9.5- 10.5												
related medications/ diet: Aranesp (or EPO, Procrit), iron supplements/ iron rich foods													
mineral heart	Potassium (K+) target: 3.5- 5.5												
related medications/ diet: Kayexalate, potassium supplements/ high or low potassium diet													
mineral bones	Calcium target 8.5- 10.5												
related medications/ diet: calcium, Vitamin D supplements/ calcium, Vitamin D rich foods													
mineral bones	Phosphorus target: < 4.5												
related medications/ diet: binders- Phoslo, Renagel, Renvela/ low phosphorus diet													
hormone bones	PTH (parathyroid hormone) target: < 100												
related medications/ diet: Vitamin D, Zemplar, Calcitriol, Hectorol/ Vitamin D rich foods													