

# WHAT CAN AFFECT YOUR BLOOD TEST RESULTS AND HOW TO AVOID IT



Kidney Nutrition Matters

## KEEP WELL HYDRATED THE DAY BEFORE A BLOOD TEST



Not drinking enough fluids can cause dehydration and may transiently reduce your kidney function (eGFR) resulting in an inaccurate assessment of kidney function."

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## AVOID A HEAVY MEAT DISH THE NIGHT BEFORE



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Protein heavy meals especially from red meat can cause a rise in creatinine as the kidneys work hard to breakdown creatine from the meats. This can inadvertently result in a decrease in kidney function

## AVOID STRENUOUS EXERCISE



Heavy resistance training & strenuous cardio the day before a blood test can increase the levels of creatinine in the blood making kidney function look worse than it is. Strenuous exercise can also cause a transient rise in uACR (protein in the urine). This quickly resolves itself if it is exercise related.

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