

Heres 4 things I'd ask my
GP if I was told my
kidney function has
dropped.



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Is the drop a sudden one or
has it been going down over a
period of time?
Looking at trends is key here



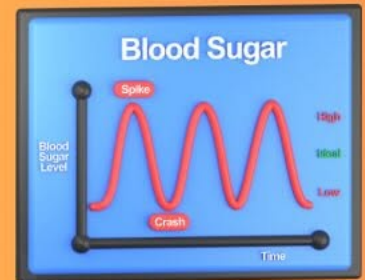
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Request a review of your current medication - do they need optimising or changing to help you meet your targets.



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If you have an elevated blood pressure or blood glucose that has not been well controlled, always ask what ranges you should be aiming for so that you can monitor this at home.



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Ask your GP if they could check your urine to see if you are leaking protein (proteinuria) A positive dipstick test often requires a more sensitive test. This is an **ACR** (albumin: creatinine ratio or **PCR** (protein: creatinine ratio)).



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If you have any of the following conditions then an ACR and kidney function test should be done at least once a year.



- Diabetes
- Hypertension (high blood pressure)
- Previous Acute Kidney Injury (AKI)
- Cardiovascular disease
- Structural kidney disease e.g kidney stones
- Family history of kidney disease or proteinuria
- Incidental findings of blood or protein in urine dipstick test

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