



My dialysis information

Name: _____ Dialysis type: _____
Usual days/time: _____ Target dry weight: _____
Pharmacy: _____ Emergency contact: _____
Clinic: _____ Care team contact: _____
Kidney doctor: _____ Primary doctor: _____
Allergies: _____ Notes: _____

Labs and Health Numbers to Know on Dialysis

What it tells you	Labs or numbers	Why it matters
Dialysis dose	Kt/V or URR	Shows how well your dialysis treatments are cleaning your blood. Ask your care team which number your clinic uses.
Bone health	Phosphorus, calcium, PTH, vitamin D	Helps your team adjust food choices, binders, vitamin D, and bone health medicines.
Heart health and fluid balance	Potassium, blood pressure, weight changes, dry weight, sodium	Potassium levels in the blood show if you are at risk for an abnormal heartbeat or a heart attack. Blood pressure shows if there is stress on the heart and blood vessels. Weight changes/dry weight, and blood sodium (salt) levels show how much extra water you have. Extra water in the body puts strain on the heart.
Blood health (anemia)	Hemoglobin, TSAT, ferritin, iron	Helps your team decide if you need anemia medicine or iron.
Nutrition status	Albumin	A blood protein that can show if you are getting enough protein or calories.
Kidney function	eGFR, creatinine, uACR or protein	These may be tracked before dialysis or if you still make urine. They may not be checked for every person on dialysis.

Questions to Ask at the Dialysis Clinic

- Which numbers should I watch most closely this month?
- Are any numbers too high or too low?
- Do I need to change my medicines, dialysis time, or food choices?

My Lab Results

Kidney health labs and dialysis lab tracker

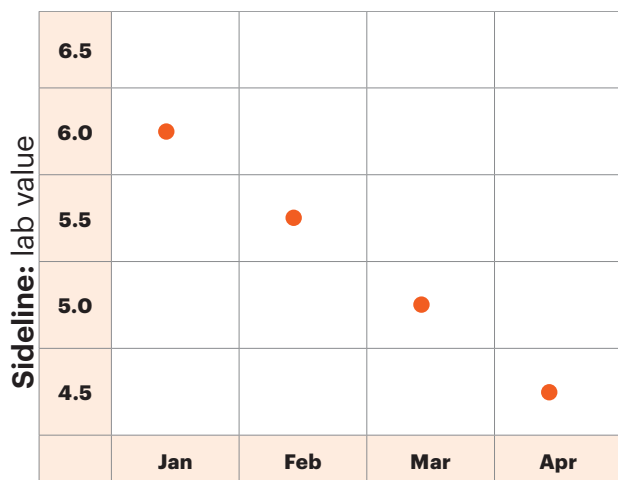
Date	eGFR	Creatinine	Potassium	ACR/protein	Hemoglobin	Phosphorus	Kt/V or URR	Notes

My Lab Trends

Choose one number to track overtime. Use eGFR if you make urine and your care team follows it. If not, use this graph for Kt/V, potassium, phosphorus, hemoglobin, or another lab your team recommends.

Example in use

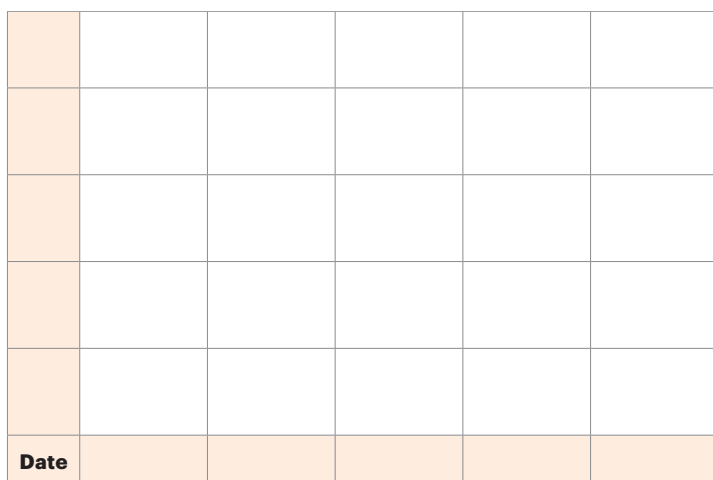
Example only: Phosphorus goes down over four months. Plot one dot each month, then connect the dots.



Bottom line: dates or months

Your trend graph

Write lab values on the side and dates along the bottom.



Lab I am tracking: _____

Goal or target my team gave me: _____

Notes for my next clinic visit: _____

Changes I need to remember: _____

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**