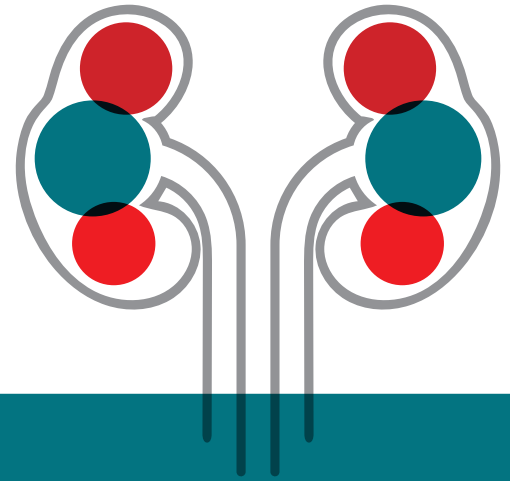




Know **Diabetes** by **Heart**™



# MONITORING YOUR KIDNEY HEALTH WITH **eGFR TESTS**

## ● What is the eGFR test?

An estimated Glomerular Filtration Rate (eGFR) test is a way to check your kidney health. An eGFR test is done through a simple blood test. The test checks your creatinine level. Your doctor will consider this data, your age and sex to calculate your eGFR.

## ● Why is this test important?

The blood creatinine level indicates how well the kidneys are working. Creatinine is a waste product made by the body through normal breakdown and metabolism of our muscles. Creatinine is normally excreted in the urine and cleared from the blood unless the kidneys are not functioning fully – in that case, creatinine levels will increase in the blood.

## ● Understanding your test.

Your eGFR number helps you and your doctor understand how well your kidneys are functioning – and help you know if you need to act.

An ideal range for the eGFR number is:  
**90 – 120**

**BETWEEN 60-89**

**may mean early-stage kidney disease.** You should talk to your doctor about how often to get tested and how to maintain your kidney health.

**BELOW 60**

**can be kidney disease.** Talk with your doctor about the next steps to improve your health.

**BELOW 15**

**means your kidneys are failing.** Your doctor can help you with treatment options like a kidney transplant or dialysis.

## ● How often should you take the eGFR test?

If you are living with type 2 diabetes ► once a year

If you are living with type 1 diabetes for at least five years ► once a year

If you've had any previous signs of kidney damage ► two tests every year

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