

Zone Tool Renal Failure

Green Zone

- No shortness of breath
- No swelling
- Urinating with no problems
- · Watching intake of foods/fluids
- No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

Your symptoms are under control.

- Continue taking your medications as ordered
- Continue daily weights
- Keep all physician appointments
- Keep scheduled dialysis appointments
- Eat small, frequent meals throughout the day

Yellow Zone

- Some shortness of breath
- Increased swelling—some edema
- Increased tiredness with any activity
- Decreased urine output
- Nausea and vomiting
- Poor appetite, headache, muscle aches
- Changes in blood pressure (higher or lower than usual)

Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.

 Call your physician, dialysis team or home health nurse

Red Zone

Call your physician right away or call 911

- Increased shortness of breath (faster, unrelieved, etc.)
- Faster heart rate—palpitations
- Fatigued, trouble staying awake
- · Increased swelling-edema

- Increased pain—generalized
- Increased nausea and vomiting, loss of appetite
- Fever, chills
- · Unable to urinate at all

For dialysis patients to make a grievance, please contact Network 14 at

Phone: 972-503-3215

Email: info@nw14.esrd.net

Web: http://www.esrdnetwork.org



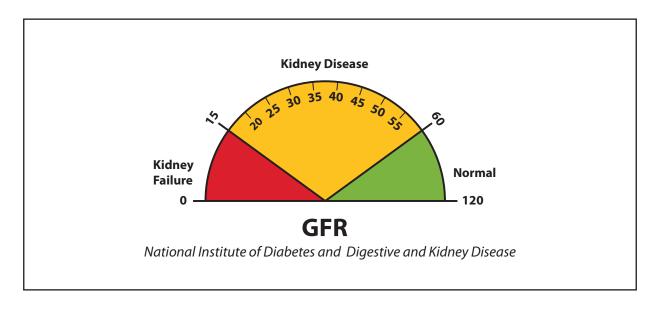






GFR stands for glomerular (glow-MAIR-you-lure) filtration rate. A blood test checks your GFR, which tells how well your kidneys are filtering.

It's important to know your GFR if you are <u>at risk for kidney disease</u>. A <u>urine test</u> will also be used to check your kidneys.



GFR is reported as a number.

- A GFR of 60 or higher is in the normal range.
- A GFR below 60 may mean you have kidney disease.
- A GFR of 15 or lower may mean kidney failure.