

ZONE TOOL | Renal Failure



GREEN Zone – Continue doing what you are doing!



- 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 – Need to change something.



- 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 – Seek immediate medical care.



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



