

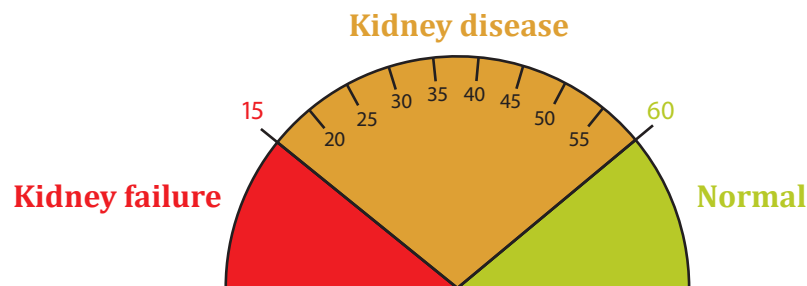
# eGFR estimated Glomerular Filtration Rate (blood creatinine test)

## eGFR test

- The eGFR blood test shows how well your kidneys are working.
- Your eGFR is a number based on the amount of creatinine (a natural waste product) in your blood.
- Creatinine is a waste product that comes from using your muscles. People who are more muscular naturally have higher levels of creatinine.
- Healthy kidneys filter creatinine out of your blood. Having too much creatinine in your blood can be a sign of kidney disease.

## Learn your eGFR

- The only way to know your eGFR is to have a blood test to check how much creatinine is in your blood.
- eGFR is calculated using your creatinine level, age, and gender.



More than **60**

### If your eGFR is 60 or above

- This is a normal result for most people.
- Ask your doctor when you should be tested again.
- Follow a healthy lifestyle to prevent kidney disease.

Less than **60**

### If your eGFR is less than 60

- An eGFR of less than 60 for 3 months or more could mean you have kidney disease.
- If this was your first eGFR test, ask your doctor when you will need to be tested again.

Less than **15**

### If your eGFR is less than 15

- An eGFR of less than 15 could mean you have kidney failure.
- Visit your doctor right away.



## eGFR and the stages of chronic kidney disease (CKD)

### Stage 1: Kidney damage and eGFR greater than 90

- Stage 1 CKD means you have some signs of kidney damage (like protein in your urine, or physical damage to the kidneys), but your eGFR is greater than 90.
- An eGFR greater than 90 is considered healthy if you do not have other signs of kidney damage.
- Follow a healthy lifestyle, and talk to your doctor about how to prevent your kidney damage from getting worse.

### Stage 2: Kidney damage and eGFR 60-89

- Stage 2 CKD means you have some signs of kidney damage (like protein in your urine, or physical damage to the kidneys), but your eGFR is between 60 and 89.
- An eGFR between 60 and 89 is considered healthy if you do not have other signs of kidney damage.
- Follow a healthy lifestyle, and talk to your doctor about how to prevent your kidney damage from getting worse.

### Stage 3: eGFR 30-59

- Stage 3 CKD means your kidneys are moderately damaged, and are not working as well as they should.
- Talk to your doctor about seeing a nephrologist (a kidney doctor).

### Stage 4: eGFR 15-29

- Stage 4 CKD means your kidneys are severely damaged, and are not working nearly as well as they should.
- Work with your nephrologist to make a treatment plan.

### Stage 5: eGFR less than 15

- Stage 5 CKD means your kidneys are getting close to complete failure, or have already failed.
- Once your kidneys have failed, you will need to start dialysis or have a kidney transplant to live.

## Slow or help prevent kidney disease!



If you have diabetes, control your blood sugar.



Keep a healthy blood pressure.



Follow a low-fat, low-salt diet.



Do not smoke or use tobacco.



Set a goal to exercise for 30 minutes a day, 5 days per week.



Keep a healthy weight.



Ask your doctor if there are any medicines you should take to protect your kidneys.

**For more information about eGFR, visit:**

[kidneyfund.org/all-about-kidneys/tests/blood-test-egfr](https://www.kidneyfund.org/all-about-kidneys/tests/blood-test-egfr)

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