

KIDNEY HEALTH

COACH

Symptoms of chronic kidney disease

People with chronic kidney disease (CKD) often don't know they have it



Most people do not have symptoms until the damage is very severe and the kidneys are close to failing, also called end-stage renal disease (ESRD) or end-stage kidney disease (ESKD). In fact, 9 out of 10 people with kidney disease are unaware they have it.

If your kidneys are starting to fail, you may have one or more of these symptoms:



Dry, itchy skin



Feeling sick to your stomach or throwing up



Foamy, frothy or bubbly looking urine



Increased or decreased urination



Muscle cramps



Not feeling hungry



Pain in lower back



Swelling in your hands, legs, feet or ankles



Trouble catching your breath



Trouble sleeping

Talk to your doctor right away if you notice one or more of these symptoms. When caught and treated early, it may be possible to slow further damage to your kidneys. Getting a blood and urine test is the only way to know how well your kidneys are working.

Learn about tests used to detect kidney disease.

Testing is especially important if you have diabetes, high blood pressure or a family history of CKD.