

CHRONIC KIDNEY DISEASE- PERSONAL ACTION PLAN

NAME: _____

DATE: _____

Medicines I'm taking for kidney disease and any other conditions, i.e. diabetes, blood pressure:

Name	How much to take	When to take it	Name	How much to take	When to take it

Are you taking your medicine(s) as prescribed? Yes No

Date	Monitoring Test	Goal	Test Result	Test Result	Test Result	Test Result
	eGFR (estimated Glomerular Filtration Rate)					
	ACR (protein in the urine)					
	LDL (bad) Cholesterol					
	HDL (good) Cholesterol					
	Triglycerides					
	Total Cholesterol					
	HbA1c (diabetes)					
	Blood Pressure					
	Weight					

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REMINDERS:

- Get lab tests to monitor how well kidneys work
- Stay active to keep strong and reduce tiredness
- See a dentist every six months to prevent infection
- Get my yearly flu vaccine
- Eat healthy to maintain health and wellness
- Monitor my condition daily
- If I smoke, talk to my doctor about quitting
- Ask about a Pneumonia vaccine

My next appointment with my doctor is: _____

My next appointment with a nephrologist (kidney specialist) is: _____

My next dentist appointment is: _____

THINGS TO AVOID:

- Food high in salt or using salt substitutes
- Antacids with aluminum or magnesium
- Smoked, cured or canned meat
- Tobacco products
- Ibuprofen/naproxen
- Aspirin if more than 81mg daily

CALL MY DOCTOR for any of the following:

- I want to take over the counter medicines, vitamins or herbal supplements
- I have problems taking my medicines
- I am urinating less or my urine is dark in color
- My blood sugars are outside the target range: _____ to _____
- I have unexplained headaches
- I have nausea, vomiting, light-headedness or leg cramps all the time
- I am short of breath
- I have new or increased swelling in my hands or feet
- I have frequent or severe episodes of chest pressure or pain

CALL 911 IMMEDIATELY if I have any of the following:

If I have unrelieved chest pain, shortness of breath, confusion, fainting, or bleeding.

ONLINE RESOURCES

- nationalkidneycenter.org
- kidney.org
- niddk.nih.gov/health-information/health-topics/kidney-disease/pages/default.aspx