

CHRONIC KIDNEY DISEASE

eGFR	Labs	What to do	Medications	Diet	
>60 & Microalb<30	Check yearly labs: GFR (BMP) for hypertensive patients	Goal BP <140/90 (no proteinuria)	DM: ACEI or ARB +/- Spironolactone	Low sodium <2.3g/d	Protein 1.4g/kg/d (18%cal/d) Less if DM: 0.8g/kg/d (10%cal/d)
>60 & microalb>30	(Diabetic Patients) Both GFR (BMP) & Urine microalb/cr	< 130/80 (if proteinuria)	ACEI or ARB +/- Spironolactone		
>45 & <60	Check yearly labs: GFR (BMP) Urine microalb/cr Hemoglobin Calcium Phosphorus PTH & 25-Vit D	Goal BP <130/80	ACEI or ARB +/- Spironolactone Discontinue NSAIDS Reduce/Stop Metformin	Cholesterol <200mg/d	Protein 0.6-0.8g/kg/d (10%cal/d) Phosphorus 0.8-1.0g/d Potassium 2.4g/d
>30 & <45	Refer if: K >5.0 (>3mo) Hgb <10 w/ nl iron Phos >4.5 Proteinuria (> 3 mo) PTH >70 (CKD III) PTH >110 (CKD IV)	No PICC lines All blood draws from dominant arm (Save an Arm)	Reduce/STOP Metformin (STOP if GFR < 30) Renal dosing of other medications (BBlock,dig,statin, narcotics,antimicrob,etc) No Bisphosphonates	Carbohydrates 5-60% cal/d	
< 30		Refer to: Nephrologist (& education*)	Avoid iv contrast & NaPhos bowel preps	Emphasize whole-food sources: Fresh vegetables, whole grains, nuts, legumes, low-fat or nonfat dairy products, canola oil, olive oil, cold-water fish, and poultry	
< 20		<i>Refer for transplant eval</i>			

* **FREE** patient education classes from Fresenius – No prior authorization required

Open to all condition appropriate patients

Patient Calls **1-888-352-4968** or uses the online form to access trained healthcare professional led classes [about CKD](#) & (ESRD)

<https://www.freseniuskidneycare.com/kidney-disease/kidney-disease-education-class>

Provides advice for keeping their kidneys functioning at their best, overview with pros & cons of different [treatment options](#)

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