

Your Job at Each Stage of Chronic Kidney Disease (CKD)

CKD Stage	Steps YOU Can Take to Protect Your Kidneys
1	<ul style="list-style-type: none"> <input type="checkbox"/> Exercise <input type="checkbox"/> Eat a healthy diet <input type="checkbox"/> Lose weight if you are overweight <input type="checkbox"/> Get your blood sugar and blood pressure in control <input type="checkbox"/> If you smoke, quit
2	<p>All of the above, PLUS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Know your GFR, or % kidney function <input type="checkbox"/> Protect your veins for a dialysis access—just in case. <i>Stop health care workers from drawing blood, taking your blood pressure, or putting IVs in the arm you don't write with.</i>
3	<p>All of the above, PLUS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tired? Ask your doctor to test your blood for anemia <input type="checkbox"/> Have a urine test once a year for protein
4	<p>All of the above, PLUS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn your treatment options in case your kidneys ever fail <input type="checkbox"/> Get an access made for the type of dialysis you choose <input type="checkbox"/> Track your symptoms and tell them to your care team
5	<p>All of the above, PLUS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk with your doctor about how to get on the transplant list <input type="checkbox"/> Work with your doctor to decide when you need to start dialysis