

# Blood Work

To help in evaluating your kidney function your doctor will suggest blood work or lab work be done.

Normal values may vary depending upon the laboratory that your doctor uses. You may ask your doctor to provide you with a copy of your blood work. Here is a brief summary of common blood tests:

- Blood Urea Nitrogen (BUN)
  - Urea is a waste product in the blood caused by the normal breakdown of protein. The kidneys filter the blood to remove urea, which is excreted in the urine. When kidneys are not working properly, urea builds up in the blood. Your BUN is a number calculated from a blood test. Your BUN gets higher as your kidney function declines.
  - Normal range: 10-20 mg/dl
- Creatinine (pronounced kree-at-a-need)
  - Creatinine is the medical name for a waste product produced by the muscles and released in the blood.
  - Normal range: 0.7-1.3 mg/dl



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## ■ Creatinine clearance

- This is a measure of how much creatinine is in your urine. It is the most accurate measure of how well the kidneys are clearing the creatinine out of your body. Creatinine clearance is determined from a 24-hour urine collection and a blood test.
- Normal range:
  - ◆ Adult male: 85-125 mg/dl
  - ◆ Adult female: 75-115 mg/dl

## ■ Hemoglobin

- Hemoglobin is a measure of your blood's ability to carry oxygen.
- Range: Between 11 and 12 gm/dl

## ■ Hematocrit

- Hematocrit is a measure of how much your blood is made up of red blood cells.
- Range: Between 33 and 35%

Blood/Urine Test	Your Value	Normal for you
BUN		
Serum Creatinine		
Creatinine clearance		
Hemoglobin/Hematocrit		

### References:

- "Tests that Help you Monitor the Health of your Kidneys". *Stay in Touch*, Baxter International Inc., August 2000, 5L0073
- Lancaster, L., *Core Curriculum for Nephrology Nursing*, 4th edition, 2001, pg. 76.
- Zaret, B., *Yale University School of Medicine Patient's Guide to Medical Tests*, 1997, New York, pg. 432.

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