

CHRONIC KIDNEY DISEASE

Zone Tool



Every Day:

- Take all medications as prescribed
- Weigh yourself daily
- Eat a balanced diet. Limit protein only if directed by your physician
- Limit salt and potassium rich foods as prescribed
- Restrict fluids if ordered by your physician
- Monitor for increased swelling of hands, feet, ankles or stomach
- Monitor your blood pressure as ordered by your physician
- Exercise regularly
- Do not smoke and limit alcohol consumption

GREEN ZONE: All Clear!

This zone is your goal. Keep up the good work if...

- You have no swelling of your hands, feet, ankles or stomach, and no weight gain
- Your blood pressure is maintained at the acceptable range prescribed by your physician
- You have no increased shortness of breath with normal daily activities
- You experience no headaches, dizziness or extreme fatigue
- You have no pain in your lower back and/or kidney area

YELLOW ZONE: Caution!

This zone is a warning and you should call your doctor if...

- You have swelling of the hands, feet, ankles or stomach
- Your blood pressure is out of your acceptable range
- You have an increased feeling of fatigue, trouble concentrating or feeling dizzy
- You are unable to perform normal daily activities
- Your skin is itchy, or you have muscle cramping
- You have pain in your lower back and/or kidney area
- You have trouble urinating or new blood in urine
- You have a fever of greater than 101 degrees Fahrenheit

RED ZONE: Emergency!

Call 911 or have someone take you to the Emergency Room if...

- You are struggling to breathe and can't catch your breath even at rest
- You have chest pain, shoulder pain, back pain, or heartburn
- You are confused or not thinking clearly
- You have not passed urine in 24 hours
- You have severe pain that is prolonged

Key Contacts- Fill in numbers for:

Primary Physician: _____ Cardiologist: _____

Other: _____