

Name: \_\_\_\_\_  
Name of Doctor/Nurse: \_\_\_\_\_

Date: \_\_\_\_\_

# Diabetes and kidney disease

## Information prescription

Your last two blood test results (eGFR) are \_\_\_/\_\_\_/\_\_\_ █ \_\_\_/\_\_\_/\_\_\_ █

Your last two urine test results (ACR) are \_\_\_/\_\_\_/\_\_\_ █ \_\_\_/\_\_\_/\_\_\_ █

**A third of people with diabetes develop kidney problems. Your urine and blood tests have shown that you have kidney disease which puts you at higher risk of health complications. Discuss and agree with your doctor or nurse the ways that you can reduce your risk.**

### What do my kidneys do?



Your kidneys are filters that remove harmful waste from your body in to your urine and keep the things you need, like proteins.

### When happens when your kidneys are damaged?

High blood glucose (sugar) levels over many years can damage the small blood vessels in the kidneys and clog the filters. In the early stages of kidney disease there may be no visible symptoms. This is why it is so important to have tests for kidney disease at least once a year. The first sign of damage is protein leaking into your urine. It is important to pick this up early as there are many treatments to protect your kidneys from further damage. The two tests are:

- a blood test for eGFR (how well your kidneys are filtering).
- a urine test for ACR (how much protein is leaking).

With more advanced kidney disease you may feel unwell, tired or nauseous and your hands and feet may look swollen. Having high blood pressure causes further damage, which along with kidney disease, increases your risk of having a heart attack or stroke. Over time your kidneys can fail, meaning you need dialysis or a transplant.

#### Kidney disease alert

- If you have dehydration, vomiting or diarrhoea, seek medical advice straight away as some of your medication may need to be stopped urgently.
- Some over-the-counter drugs are no longer safe so always tell the pharmacist.

### Agreed action plan

**My personal goal is:**

**To be achieved when:**

**The two steps that I will take to achieve this are:**

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

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2

### How can I keep my kidneys healthy?

Actions you can take to slow down damage to your kidneys and reduce your risk of heart attack and stroke.

#### Blood pressure

- Keep your blood pressure at a healthy level. You may need medication to do this.

#### Lifestyle

- If you smoke ask for your free NHS local Stop Smoking Service for help giving up.
- You may get advice to avoid certain foods. You'll need to get support from a registered dietitian to help you with the changes to your diet.
- Talk to your kidney team before starting or increasing your physical activity and if your treatment schedule changes, such as an increase in dialysis sessions.

#### Medication

- Talk to your doctor or nurse about prescribing you an ACE inhibitor or an ARB to stop or delay any kidney damage from getting worse. Ask for a review of your other drugs as some of these are harmful if you have kidney damage.

#### HbA1c

- High blood glucose levels increase the chance of kidney damage. Discuss with your healthcare team about a target level you need to aim for.

#### Cholesterol

- Lowering cholesterol is important. Everyone with kidney disease and diabetes should take a statin.