

KNOW YOUR GFR

GLOMERULAR FILTRATION RATE

Your GFR is a measure of how well your kidneys filter waste, salt and water from your blood. Normal GFR is about 100 ml/min/1.73m².

Your doctor can calculate your eGFR (estimated GFR) by using your:

- Creatinine level (blood test)
- Age
- Sex

If your eGFR is greater than 60:

Your kidney function is normal or close to normal. You may still have some kidney damage or be at risk of kidney disease.

Your doctor may also check:

- Your urine (for protein or blood)
- Your blood
- Your blood pressure
- Your health (for risk factors)
- Your family's health history

If your eGFR is less than 60:

Talk to your doctor or nurse soon. If this was your first eGFR test, ask when you should have it repeated and how often it should be monitored.

kidneyhealth.ca

A message from the
Winnipeg Regional Health Authority
Manitoba Renal Program



Manitoba Renal Program
Programme manitobain des maladies rénales

MANITOBA RENAL PROGRAM CHRONIC KIDNEY DISEASE STAGES

GFR = glomerular filtration rate.

A test that shows how well the kidneys are working.

(The higher the number, the better your kidneys are working)

For more information: www.kidneyhealth.ca

