

Chronic Kidney Disease Stoplight Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • 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.
<p>Green Zone</p>	<ul style="list-style-type: none"> • You have no swelling of your hands, feet, ankles or stomach and no weight gain. • Blood pressure is maintained at the acceptable range prescribed by your physician. • You have no increased shortness of breath with normal daily activities. • No headaches, dizziness or extreme fatigue • No pain in your lower back and/or kidney area <p>ALL CLEAR! This zone is your goal. Keep up the good work!</p>
<p>Yellow Zone</p>	<ul style="list-style-type: none"> • You have weight gain of more than 3 pounds in 2 days or 5 pounds in 3 days. • 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. <p>CAUTION! This zone is a warning and you should call your doctor.</p>
<p>Red Zone</p>	<ul style="list-style-type: none"> • You are struggling to breathe and can't catch your breath even at rest. • Chest pain, shoulder pain, back pain or heartburn • Unable to think clearly or feeling confused • Have not passed urine in 24 hours • Severe pain that is prolonged <p>EMERGENCY! Call 911 or have someone take you to the Emergency Room!</p>