



# Zone Tool

## Renal Failure

### Green Zone

- No shortness of breath
- No swelling
- Urinating with no problems
- Watching intake of foods/fluids
- No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

#### **Your symptoms are under control.**

- Continue taking your medications as ordered
- Continue daily weights
- Keep all physician appointments
- Keep scheduled dialysis appointments
- Eat small, frequent meals throughout the day

### Yellow Zone

- Some shortness of breath
- Increased swelling—some edema
- Increased tiredness with any activity
- Decreased urine output
- Nausea and vomiting
- Poor appetite, headache, muscle aches
- Changes in blood pressure (higher or lower than usual)

#### **Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.**

- Call your physician, dialysis team or home health nurse

### Red Zone

#### **Call your physician right away or call 911**

- Increased shortness of breath (faster, unrelieved, etc.)
- Faster heart rate—palpitations
- Fatigued, trouble staying awake
- Increased swelling—edema
- Increased pain—generalized
- Increased nausea and vomiting, loss of appetite
- Fever, chills
- Unable to urinate at all

For dialysis patients to make a grievance, please contact Network 14 at

Phone: 972-503-3215

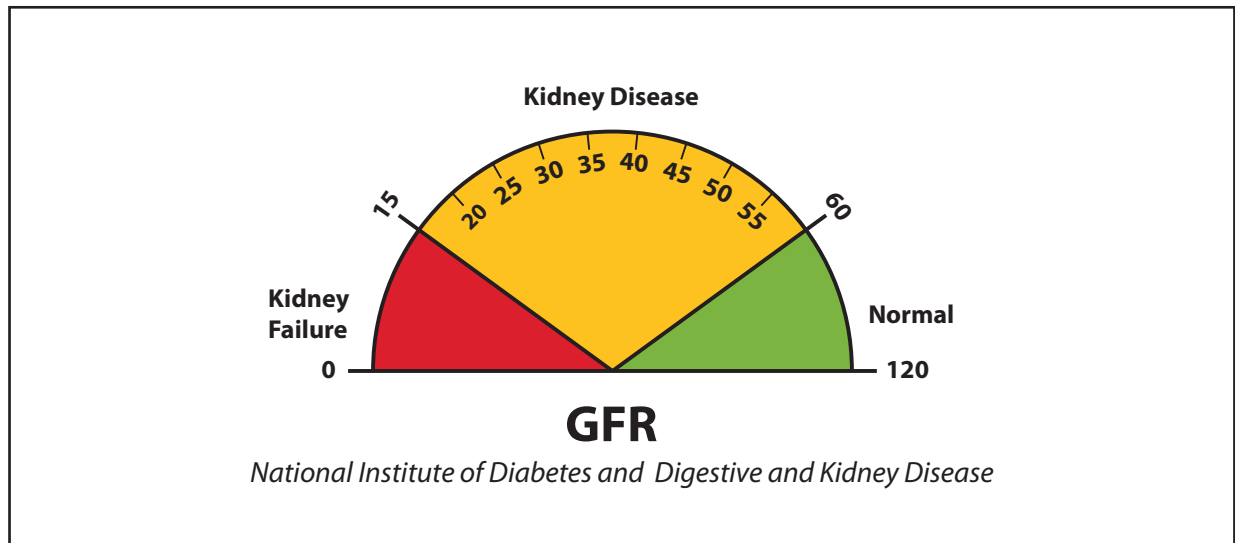
Email: [info@nw14.esrd.net](mailto:info@nw14.esrd.net)

Web: <http://www.esrdnetwork.org>



GFR stands for glomerular (glow-MAIR-you-lure) filtration rate. A blood test checks your GFR, which tells how well your kidneys are filtering.

It's important to know your GFR if you are [at risk for kidney disease](#). A [urine test](#) will also be used to check your kidneys.



**GFR is reported as a number.**

- A **GFR of 60 or higher** is in the normal range.
- A **GFR below 60** may mean you have kidney disease.
- A **GFR of 15** or lower may mean kidney failure.