End Stage Renal Disease (ESRD) Lab Value Quick Guide

Understanding your lab values is the first step in being able to successfully manage them and keep you out of the hospital. Use this quick guide to help you stay on top of your labs and know when to ask more questions.

*Lab values are general suggestions for ESRD patients. Always check with your care team regarding your specific levels.

Tip:
Schedule an appointment with your registered dietitian to learn more about your labs.

Albumin: 4.0 g/dL or higher	**Potassium: 3.5–5.5 mEq/L**
Protein found in the blood. Helps with fluid removal and energy.	Controls nerve and muscle function. Too high can impact the heart and fluid balance.
Glucose: Normal fasting 70–100 ml/dL	**Hemoglobin: 12–18 g/dL**
Uncontrolled it can continue to cause damage to other parts of the body.	Carries oxygen in your blood. Low hemoglobin can cause fatigue.
Kt/V or Adequacy: Greater than 1.2 for Hemodialysis, Greater than 2.0 for Peritoneal	**Sodium: 135–145 mEq/L**
How well dialysis is cleaning the blood.	Too much can cause high blood pressure, fluid around heart and lungs, and overall discomfort.

K = dialyzer clearance of urea; t = dialysis time; V = volume of distribution of urea, approximately equal to patient's total body water

This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD NCC-NC3PFE-01172024-04