



Chronic Kidney Disease Zones

EVERY DAY	<ul style="list-style-type: none"> ✓ Self-monitor blood pressure as recommended by your primary care provider ✓ Take medications as prescribed ✓ Weigh yourself daily ✓ Eat a healthy diet low in sodium and increase physical activity ✓ If diabetic, self-monitor blood glucose as recommended by your primary care provider
WHICH ZONE ARE YOU IN?	
GREEN SAFE ZONE	<p>ALL CLEAR – You are in the <i>safety zone</i> if you have:</p> <ul style="list-style-type: none"> • No swelling of your hands, feet, ankles and no weight gain • No increased shortness of breath • No headaches, dizziness, extreme fatigue • My blood pressure is at or below my goal. <i>Target blood pressure:</i> _____ mmHg • If diabetic, my blood sugar is under control. <p style="text-align: center;"><i>Target A1C:</i> _____ <i>Target Blood sugar range:</i> _____</p> <p>What should I do?</p> <ul style="list-style-type: none"> ✓ Continue taking your medication as ordered ✓ Limit sodium intake to 1500-2000 mg/day ✓ Continue to monitor weight, blood pressure and blood sugar (if applicable)
YELLOW CAUTION ZONE	<p>CAUTION – You are in the <i>caution zone</i> if you have:</p> <ul style="list-style-type: none"> ✓ Weight gain of more than 4 pounds in 2 days or 5 pounds in 1 week ✓ Swelling of hands, feet or ankles ✓ Increased fatigue, dizziness, trouble thinking ✓ Symptoms of low blood pressure ✓ High blood pressure that is above your target ✓ Uncontrolled blood sugar ✓ Unable to get medication and/or am not taking them exactly as prescribed ✓ Flu or other illness causing nausea, vomiting or diarrhea AND you cannot eat/drink normally <p>What should I do?</p> <ul style="list-style-type: none"> ✓ Ensure you are taking your medications as prescribed ✓ Contact your primary care provider or monitoring nurse <div style="text-align: right;"></div>
RED DANGER ZONE	<p>EMERGENCY – This is the <i>danger zone</i>, act quickly if you have:</p> <ul style="list-style-type: none"> ➤ Chest pain ➤ Struggling to breathe ➤ No urine passed in 24hrs ➤ Severe back/kidney pain ➤ Severe muscle weakness ➤ Very confused ➤ Blood pressure of 180/120 AND high blood pressure symptoms such as severe headache, numbness/weakness, trouble speaking, change in vision, or severe anxiety <p>What should I do?</p> <p>! Call 911 for an ambulance or have someone take you to the nearest emergency department.</p> <div style="text-align: right;"></div>