



# Chronic Kidney Disease Zone Tool

<p><b>Every Day</b></p>	<ul style="list-style-type: none"> <li>• Take all medications as prescribed.</li> <li>• Weigh yourself daily.</li> <li>• Eat a balanced diet. Limit protein only if directed by your physician.</li> <li>• Limit salt and potassium rich foods as prescribed.</li> <li>• Restrict fluids if ordered by your physician</li> <li>• Monitor for increased swelling of hands, feet, ankles or stomach.</li> <li>• Monitor your blood pressure as ordered by your physician.</li> <li>• Exercise regularly.</li> <li>• Do not smoke and limit alcohol consumption.</li> </ul>
<p><b>Green Zone</b></p>	<p><b>ALL CLEAR! This zone is your goal. Keep up the good work!</b></p> <ul style="list-style-type: none"> <li>• You have no swelling of your hands, feet, ankles or stomach and no weight gain.</li> <li>• Blood pressure is maintained at the acceptable range prescribed by your physician.</li> <li>• You have no increased shortness of breath with normal daily activities.</li> <li>• No headaches, dizziness or extreme fatigue.</li> <li>• No pain in your lower back and/or kidney area.</li> </ul>
<p><b>Yellow Zone</b></p>	<p><b>CAUTION!! This zone is a warning and you should call your doctor if...</b></p> <ul style="list-style-type: none"> <li>• You have weight gain of more than 3 pounds in 2 days or 5 pounds in 3 days.</li> <li>• You have swelling of the hands, feet, ankles or stomach.</li> <li>• Your blood pressure is out of your acceptable range.</li> <li>• You have an increased feeling of fatigue, trouble concentrating or feeling dizzy.</li> <li>• You are unable to perform normal daily activities.</li> <li>• Your skin is itchy, or you have muscle cramping.</li> <li>• You have pain in your lower back and/or kidney area.</li> <li>• You have trouble urinating or new blood in urine.</li> <li>• You have a fever of greater than 101 degrees Fahrenheit.</li> </ul>
<p><b>Red Zone</b></p>	<p><b>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room!!</b></p> <ul style="list-style-type: none"> <li>• If you are struggling to breathe and can't catch your breath even at rest.</li> <li>• Chest pain, shoulder pain, back pain or heartburn.</li> <li>• Unable to think clearly or feeling confused.</li> <li>• Have not passed urine in 24 hours.</li> <li>• Severe pain that is prolonged.</li> </ul>

References: [www.ih.org](http://www.ih.org)  
 CareNotes® **CHRONIC KIDNEY FAILURE - General Information**

Key Contacts- Fill in numbers for:

Primary Physician: \_\_\_\_\_

Nephrologist: \_\_\_\_\_

VNA: \_\_\_\_\_

Other: \_\_\_\_\_