THE KIDNEY EXPERTS

Getting your labs done before your visit



What are labs?

Labs are tests on a sample of your blood or urine. They help show how your kidneys are doing.

The two tests

- A blood test shows how well your kidneys filter.
- A urine test looks for a protein called albumin.

Why before your visit?

So your results are ready when you come in. Then we can go over them with you.

Getting ready

- Did we ask you to get labs before your visit? Then follow the steps we gave you.
- Not sure where or when to go? Ask us.
- You don't need to skip food for these tests.
- Don't stop any medicine unless we tell you to.

At your visit

Your results can go up and down a little. So we watch them over time. Ask us what your results mean for you.

Bring your questions to every visit.

Write them down before you come.

From Neff Roligeé and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.