

## Living Kidney Donor Health Tracker

### About This Tracker

This living kidney donor health tracker is intended to help you and your doctor protect the health of your kidney for the rest of your life. The tracker includes medical tests suggested by living donation experts that let you and your doctor know how well your kidney is working. There are also tests to let you know if you have medical conditions that are hard on your kidney such as high blood pressure and diabetes -- the two leading causes of chronic kidney disease.

### Tests of Kidney Function

The two main ways of measuring your kidney's health are glomerular filtration rate (GFR) and albumin-to-creatinine ratio (ACR). Therefore, the tracker suggests the following medical tests and calculations: serum creatinine, GFR, urine albumin, and albumin-to-creatinine ratio. Another common measure of kidney function is the blood urea nitrogen (BUN) test, which is also included in the tracker.

The "normal" range for GFR for people with one kidney has not been established, so discuss the results with your doctor. Also, compare your GFR results every year to prior years so you can see if the trend is positive, negative, or stable.

### Tests of Kidney-Damaging Conditions

The tracker also includes the following medical tests to see if you have any health conditions that can be dangerous to your kidney including:

- High blood pressure (hypertension): systolic and diastolic blood pressure.
- Diabetes: hemoglobin A1c or blood glucose.
- High cholesterol (hyperlipidemia): HDL, LDL, triglycerides, and total cholesterol.
- Obesity: height, weight, and BMI.
- Tobacco use: yes or no.

### Using The Tracker

*Phase I.* If you are in the U.S., your transplant center is required to follow up with you after six, 12, and 24 months. Follow the instructions you receive from the transplant center and record the results of your tests in the tracker. (Suggested tests in addition to required tests are included in the Phase I tracker.)

*Phase II.* After two years, you are on your own, so here is how to use this tracker every year to monitor your kidney health:

- **Schedule your annual physical exam.** Let your doctor know you are a living kidney donor and have a health tracker you would like to share that has suggested medical tests.
- **Send your tracker to the doctor's office.** They will use the tracker to order tests for your physical exam. Some doctors will ask that you come into the office ahead of time for a blood draw and urine sample.
- **Go to your physical exam.** If you didn't have your blood draw and urine sample beforehand, you will have it now. You will have your blood pressure taken and other tests during the exam. Discuss any health issues you have with your doctor.
- **Discuss the test results with your doctor.** Once the medical test results are available, compare them to prior years' results, and discuss them with your doctor.
- **Record this year's results in the tracker.** Keep track of each year's results by writing them in your tracker.

Do this every year and keep track of the results so you can spot any changes in your kidney function or your general health.

## Living Kidney Donor Health Tracker

For Phase I: Follow Up for Two Years by the Transplant Center

Date of your donation: \_\_\_\_\_ Date you left the hospital: \_\_\_\_\_

	Medical Information	Measurements BEFORE Your Kidney Donation (Baseline)	Measurements AFTER Your Kidney Donation			
			Early Follow Up (Optional)	6 months*	1 year*	2 years*
			Date of visit:	Date of visit:	Date of visit:	Date of visit:
Tests of Kidney Function	Serum creatinine*					
	Estimated or measured glomerular filtration rate (GFR)*					
	Albumin*					
	Albumin-to-creatinine ratio (ACR)*					
	Blood urea nitrogen (BUN)					
Tests for Kidney-Damaging Conditions	Height*					
	Weight*					
	Body mass index (BMI)					
	Blood pressure - systolic*					
	Blood pressure - diastolic*					
	Cholesterol -- HDL					
	Cholesterol -- LDL					
	Cholesterol -- Triglycerides					
	Cholesterol -- Total					
	Hemoglobin A1c or blood glucose					
	Diabetes (yes/no)*					
	Tobacco use (yes/no)					

\*In the U.S., your transplant center is required to follow up with you after 6 months, 1 year, and 2 years and report the medical information marked above with an asterisk. (Some transplant centers also have an early follow-up exam before six months.) This tracker includes additional suggested tests. Exams and testing can be done by your local primary care physician. For more information, visit Living Donors Online: <https://livingdonorsonline.org/kidney/afterwards/>

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For Phase II: Personal Follow Up Annually for the Rest of Your Life

	Medical Information	Date of visit:				
Tests of Kidney Function	Serum creatinine					
	Estimated or measured glomerular filtration rate (GFR)					
	Albumin					
	Albumin-to-creatinine ratio (ACR)					
	Blood urea nitrogen (BUN)					
Tests for Kidney-Damaging Conditions	Height					
	Weight					
	Body mass index (BMI)					
	Blood pressure - systolic					
	Blood pressure - diastolic					
	Cholesterol -- HDL					
	Cholesterol -- LDL					
	Cholesterol -- Triglycerides					
	Cholesterol -- Total					
	Hemoglobin A1c or blood glucose					
Tobacco use (yes/no)						
Other Tests You Want to Track						

Make additional copies of this page as needed to keep track of your results every year.

For more information, visit Living Donors Online: <https://livingdonorsonline.org/kidney/afterwards/>