

# CHRONIC KIDNEY DISEASE

## What are kidneys?

- Two bean-shaped organs located in your lower back.
- About the size of your fist.
- Dark reddish-brown in color.

## Kidneys have a lot of jobs to keep you healthy, such as:

- Cleaning your blood – Removing waste from your body
- Controlling blood pressure
- Making red blood cells
- Keeping your bones healthy
- Controlling how much fluid stays in your body and how much leaves (Makes pee/urine)

You were either born with kidney disease or you may have suddenly developed it.

## Some common types of kidney disease are:

- Posterior urethral valves (PUV)
- Focal segmental glomerulosclerosis (FSGS)
- Nephrotic syndrome
- Renal dysplasia
- Polycystic kidney disease (PKD)

What is the name of your kidney disease?







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## How do you know how well your kidney is working?

We monitor your creatinine and glomerular filtration rate (GFR).  
Creatinine is a waste product in your blood and is used to calculate your GFR.

A higher GFR is better.

A lower creatinine is better.

Stages Of Chronic Kidney Disease	GFR	% of Kidney Function
<b>Stage 1</b> Kidney damage with normal kidney function	90 or higher	
<b>Stage 2</b> Kidney damage with mild loss of kidney function	89 to 60	
<b>Stage 3a</b> Mild to moderate loss of kidney function	59 to 45	
<b>Stage 3b</b> Moderate to severe loss of kidney function	44 to 30	
<b>Stage 4</b> Severe loss of kidney function	29 to 15	
<b>Stage 5</b> Kidney Failure also called End Stage Kidney Disease (ESKD)	Less than 15	

Do you know your creatinine and GFR? \_\_\_\_\_

## What happens to your body when your kidneys stop working? You might:

- Pee less or not at all
- Feel really tired
- Feel less hungry
- Have higher blood pressure
- Grow slower than other kids
- Have itchy skin
- Have puffy hands, feet or face
- Feel like you have to throw up (nausea)

### COOL FACT

You can live with just one healthy kidney!

## What are your treatment options when your kidneys stop working?

Peritoneal Dialysis	Hemodialysis	Transplant
Performed daily at home	Done 3-4 x per week	No dialysis
Blood is cleaned inside the body	Blood is cleaned outside the body	Frequent labs
Take medication	Take medication	Take medication
Limit fluid intake	Limit fluid intake	Need to drink fluids

## Caring for your kidney

- Drink plenty of fluids to keep your body hydrated (water is best).
- Take all of your medications as recommended by your doctor. If you have any trouble taking your medications or have side effects, please tell your medical team right away.
- Get your labs drawn.
- Follow any special diet instructions you may have.
- Please let your Kidney Team know if you are ever started on any new medications so we can double-check that they are safe for your kidneys.

If you ever have any questions, there is always a kidney doctor on call for Children's Mercy (816) 234-3000.

Did you know a kidney transplant does not last forever? This means that all pediatric patients will eventually need another kidney transplant in the future. In most cases, the better you take care of your kidney, the longer it will last.

## Your urinary system

The kidneys, bladder and their tubes are part of your body's urinary system.

**Ureter:** Tube that urine (pee) passes through from the kidney to the bladder

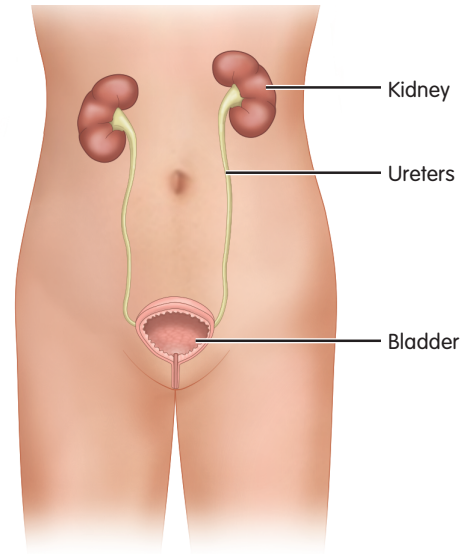
**Bladder:** Stores urine

**Urethra:** Tube that urine travels through to leave the body

**How does your urinary system work? Check out the video!**

[cmkc.link/UrinarySystem](https://cmkc.link/UrinarySystem)

### Normal urinary System



## Protecting my veins

Children with chronic kidney disease may need hemodialysis within their lifetime. It is best to use healthy veins in the non-dominant arm for hemodialysis and create what is called a fistula.

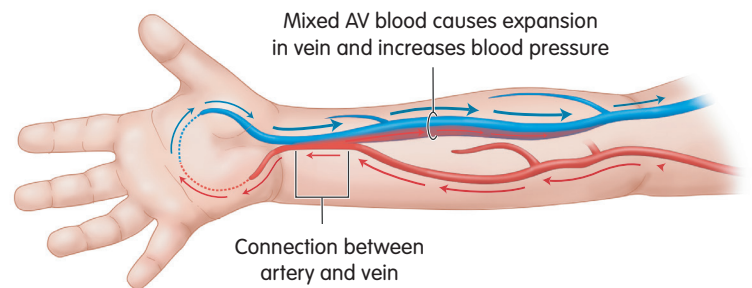
**Which is your dominant arm?  
(hint, the one you write with?)**

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Make sure you speak up and tell anyone drawing labs or starting an IV to try to stick you on the dominant arm/hand.

If you are admitted to Children's Mercy, you will receive a pink restricted extremity armband and it will be placed on your non-dominant wrist.

### Arteriovenous fistula



[childrensmercy.org](https://childrensmercy.org)

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**Other Resources**  
[kidney.org](https://kidney.org)  
[kidshealth.org](https://kidshealth.org)

