### Chronic Kidney Disease Stoplight Tool

#### Every Day
- Take all medications as prescribed.
- Weigh yourself daily.
- Eat a balanced diet. Limit protein only if directed by your physician.
- Limit salt- and potassium- rich foods as prescribed.
- Restrict fluids if ordered by your physician.
- Monitor for increased swelling of hands, feet, ankles or stomach.
- Monitor your blood pressure as ordered by your physician.
- Exercise regularly.
- Do not smoke and limit alcohol consumption.

#### Green Zone
- You have no swelling of your hands, feet, ankles or stomach and no weight gain.
- Blood pressure is maintained at the acceptable range prescribed by your physician.
- You have no increased shortness of breath with normal daily activities.
- No headaches, dizziness or extreme fatigue
- No pain in your lower back and/or kidney area

**ALL CLEAR! This zone is your goal. Keep up the good work!**

#### Yellow Zone
- You have weight gain of more than 3 pounds in 2 days or 5 pounds in 3 days.
- You have swelling of the hands, feet, ankles or stomach.
- Your blood pressure is out of your acceptable range.
- You have an increased feeling of fatigue, trouble concentrating or feeling dizzy.
- You are unable to perform normal daily activities.
- Your skin is itchy or you have muscle cramping.
- You have pain in your lower back and/or kidney area.
- You have trouble urinating or new blood in urine.
- You have a fever of greater than 101 degrees Fahrenheit.

**CAUTION! This zone is a warning and you should call your doctor.**

#### Red Zone
- You are struggling to breathe and can’t catch your breath even at rest.
- Chest pain, shoulder pain, back pain or heartburn
- Unable to think clearly or feeling confused
- Have not passed urine in 24 hours
- Severe pain that is prolonged

**EMERGENCY! Call 911 or have someone take you to the Emergency Room!**

Reference: [www.ihi.org CareNotes® Chronic Kidney Failure - General Information](http://www.ihi.org)