

Chronic kidney disease stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- I do not have swelling in my hands, feet, ankles, or stomach, and no weight gain.
- I am keeping my blood pressure at or below 130/80 or my provider's recommendation of ____/____.
- I do not have increased trouble breathing and I am able to do my normal activities.
- I do not have a headache, dizziness, and/or tiredness.
- I do not have pain in my lower back and/or kidney area.

How I'll prevent symptoms today

I will:

- Weigh myself daily and monitor for swelling in my hands, feet, ankles, or stomach.
- Eat a healthy diet, limit caffeine and alcohol, and will not smoke.
- Limit foods that are high in salt (sodium) and potassium.
- Restrict my fluids as ordered by my doctor/provider.
- Exercise regularly as my doctor/provider has instructed.
- Take my medicine as prescribed.
- Keep my doctor/provider appointments.



Yellow Zone

I'm not feeling good.

- I have swelling in my hands, feet, ankles, and/or stomach.
- I have gained 3 pounds in one day or 5 pounds in a week.
- I cannot think clearly.
- I have headaches, dizziness, nausea, and/or feeling more tired than usual.
- I am not able to do my normal activities.
- I have dry, itchy skin, and/or my muscles are cramping.
- I have pain in my lower back and/or kidney area.
- I am making less urine, having trouble urinating, and/or have blood in my urine.
- I am running a fever greater than 101 degrees Fahrenheit.

Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay.
- Take my water pill (diuretic) as prescribed for swelling or weight gain.
- Call again if my symptoms do not improve after reporting to my doctor/provider.
- Go to a walk-in clinic or urgent care, if I cannot discuss with my doctor/provider.
- _____
- _____



Red Zone

I feel awful!

- I am having trouble breathing and can't catch my breath, even at rest.
- I am feeling confused, disoriented, agitated, and/or drowsy.
- I have chest pain, shoulder pain, back pain, belly bloating, or heartburn.
- I have not been/am not able to pass urine in 12-24 hours.
- I have pain that is severe and has not gone away.

Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:
 - _____
 - _____
 - _____