



Understanding the phases of chronic kidney disease (CKD)

GFR stands for Glomerular Filtration Rate. This is a number calculated from a blood test. It determines the stage of your kidney disease and estimates the amount of kidney function left.

- Stage 1 - Normal or high GFR (GFR > 90 mL/min/1.73 m²)
- Stage 2 - Mild chronic kidney disease (CKD) (GFR = 60-89 mL/min/1.73 m²)
- Stage 3 - Moderate CKD (GFR = 30-59 mL/min/1.73 m²)
- Stage 4 - Severe CKD (GFR = 15-29 mL/min/1.73 m²)
- Stage 5 - Kidney failure or end-stage kidney disease (GFR <15 mL/min/1.73 m²)

Got questions?

We've got answers.
Call the Interwell Health team at **1-888-233-9499**.

Stage 4 is considered advanced CKD. People with Stage 4 CKD may experience these symptoms:

- Fatigue
- Leg edema (swelling)
- Cramps
- More frequent urination at night
- Shortness of breath
- Decrease in appetite
- Itching

People with stage 4 CKD should do the following:

- See a nephrologist (kidney doctor) regularly
- Get blood and urine tests regularly, to keep track of their GFR
- Take prescribed medications and check with their nephrologist before taking any new medications
- Stick to a kidney-friendly diet prescribed by their renal dietitian or their nephrologist
- Get appropriate immunizations
- Let any new doctors or medical providers know that they have advanced CKD
- Learn about options for kidney failure, like dialysis, transplant, and palliative care
- If they choose dialysis, follow their doctor's advice about when to get dialysis access surgery

Stage 5 is the most advanced stage of CKD. At this stage, the kidneys have lost most of their ability to work efficiently and patients may start to experience symptoms more frequently. These symptoms may also worsen as kidney function continues to decline. Some of these symptoms include:

- Nausea
- Metallic taste in mouth
- Poor concentration
- Fatigue
- Loss of appetite



This serves only as a guide. Talk with your healthcare provider to customize based on your health needs.