

Understanding your CKD blood and urine test results



These charts can be used with our *Understanding your CKD blood and urine test results* booklet when you are looking at your own test results. The full patient information leaflet is available online and as a printed booklet: www.kidneycareuk.org/results

The numbers below are just a guide. It might be normal for you to have results outside of these ranges. Your clinic may also use slightly different ranges.

Sometimes the overall trend in your test results is more important than the exact numbers – for example, if a certain measurement is going up or down or remaining roughly stable.

Speak to your healthcare team if you have any questions or concerns about your test results.



Urine tests

Test	Abbreviation	Unit	Normal range in people without CKD	CKD range
Urine albumin-creatinine ratio	uACR	Micrograms per millimole (mg/mmol)	3 mg/mmol or lower	3 mg/mmol or lower - Normal, or mildly increased 3 – 30 mg/mmol - Moderately increased 30 mg/mmol or higher - Severely increased Lower is better
Urine protein-creatinine ratio	uPCR	Micrograms per millimole (mg/mmol)	15 mg/mmol or lower	15 mg/mmol or lower - Normal, or mildly increased 15 – 50 mg/mmol - Moderately increased 50 mg/mmol or higher - Severely increased Lower is better

Blood tests

Kidney function markers				
Test	Abbreviation	Unit	Normal range in people without CKD	CKD range
Creatinine	Creat	Micromoles per litre (µmol/L)	Males: 64 – 104 µmol/L Females: 49 – 90 µmol/L	Individual to each patient Lower is generally better
Urea	U	Millimoles per litre (mmol/L)	2.5 – 7.8 mmol/L	Individual to each patient Lower is generally better
Glomerular filtration rate or Estimated glomerular filtration rate	GFR and eGFR	Millilitres per minute (ml/min) or as a percentage of kidney function (%)	Higher than 90ml/min or 90%	Lower than 90ml/min or 90% Higher is better

Haematology markers				
Test	Abbreviation	Unit	Normal range in people without CKD	CKD range
Haemoglobin	Hb	Grams per litre (g/L)	110 – 180 g/L	Individual to each patient
White blood cell count	WBC	Billion white blood cells per litre (x10 ⁹ /L)	4 – 11 x10 ⁹ /L	
Platelets	P	Billion platelets per litre (x10 ⁹ /L)	150 – 400 x10 ⁹ /L	
Albumin	Alb	Grams per litre (g/L)	35 – 50 g/L	

Minerals in the blood				
Test	Abbreviation	Unit	Normal range in people without CKD	CKD range
Sodium	Na	Millimoles per litre (mmol/L)	135 – 145 mmol/L	
Calcium	Ca	Millimoles per litre (mmol/L)	2.2 – 2.6 mmol/L	Individual to each patient
Phosphate	PO ₄	Millimoles per litre (mmol/L)	0.7 – 1.4 mmol/L	Less than 1.8 mmol/L
Potassium	K	Millimoles per litre (mmol/L)	3.5 – 5.3 mmol/L	

Find out more at: www.kidneycareuk.org/results