

# Lab Values

## Health Information Trackers

### Lab Values

You should have your lab work done on a regular basis to help keep track of your progress. You may be tested for the following at different times:

- Kidney function
- Phosphorus
- Potassium
- Blood pressure
- Diabetes control
- Anemia
- Bone health
- Nutrition

Depending on what your doctor wants to do and any other conditions you may have, he or she may request other labs.

Consider making a chart for all your lab values, including phosphorus, or ask your nurse or renal dietitian if he or she has a chart you can use. It can help you follow your progress.

### Medication Schedule

You're not alone in taking several kinds of medicine. Sometimes, it can be tough to keep track of them all. In fact, a lot of patients on dialysis have this trouble.

If you do follow your medication schedule, congratulations! Keep up the good work. But if you're missing doses because you sometimes forget, try these tips:

Use a watch or cell phone with an alarm to remind you to take your medications

Try using a pill organizer

Keep your medicine in a place where you can see it ? but where children can't reach

Use a calendar or planner to check off your medications as you take them each day

### Prepare for Appointments

A notebook may be the most valuable tool you can have to help track your treatment plan. Keep a notebook nearby so you can write down any instructions or information the doctor or renal care team gives you, as well as any questions you may have.

Use a notebook to track your phosphorus and other lab values as well as to keep a list of your medical records, important phone numbers, and medications.

It may help to focus your questions in particular areas. For example, medication, nutrition, and symptoms. But just as important as asking questions is making sure you understand the answers. You or a loved one should write down the information your doctor presented, and read it back to the doctor to make sure it's correct.

Make the notebook work for you, and keep it handy. You'll feel reassured by having everything you need.

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