

# The Stages of Chronic Kidney Disease

One

## Mild reduction in kidney function

Your kidneys may have early signs that they are not functioning properly and may show some damage in an MRI, CT scan, x-ray, etc. You and your nephrologist will continue monitoring your kidneys at this point and you may be prescribed medication to keep you in Stage 2 for longer. Further intervention may not be needed.

## Normal Kidney function, but signs of other damage present

Your measured kidney function is normal but you have some mild damage at this stage. You may find blood or protein in your urine. You and your nephrologist will mostly be monitoring your kidney function periodically.

Two



Three

## Severely reduced kidney function

Kidney function has continued to decline and you may begin to develop symptoms. Insomnia, leg swelling, loss of appetite and severely abnormal lab results are common. In Stage 4, the condition of your kidneys will continue to progress without proper attention. It is time for you to discuss with your nephrologist options such as dialysis and/or transplantation.

## Moderately reduced kidney function

While this stage is moderate in nature, you may begin to experience some mild symptoms including generalized fatigue and swelling in your legs. At this point you will need close monitoring and possible medications to stabilize your kidney function.



Four



Five



## Very severe or end-stage renal disease (ESRD)

Your kidneys have reached the point where they can no longer support you metabolically. It is time to make final decisions regarding treatment options such as dialysis and/or transplantation. In addition to the symptoms felt in Stage 4, you may experience nausea, shortness of breath and a metallic taste in your mouth. Discuss these and any other symptoms you may be experiencing with your nephrologist as there may be some treatment options that can help alleviate your discomfort.

**OKHC** Oregon Kidney & Hypertension Clinic