



# SYMPTOMS OF KIDNEY DISEASE

| FATIGUE | TOO MUCH FLUID | URINATION CHANGES | HIGH BLOOD PRESSURE | KIDNEY PAIN |  
SLEEP PROBLEMS | NAUSEA | LOW BLOOD SUGAR | NERVE PROBLEMS |

Early kidney disease may have no symptoms, or changes may happen so slowly that you don't notice. Knowing the signs of chronic kidney disease (CKD) can help you pay attention to your body and get the right treatment.



## FATIGUE

Feeling tired is common for people with CKD. Some people even quit their jobs, thinking they don't have enough energy to keep working. The main reason for feeling tired or weak with CKD is anemia, a shortage of oxygen-carrying red blood cells. Anemia can also make you feel cold. The good news is, anemia can be treated and you can have more energy. If you don't have anemia and you still feel tired, talk to your doctor about getting some exercise! As you get in the habit of moving daily, you may find some of your energy coming back.

## TOO MUCH FLUID

With CKD, your kidneys lose their ability to control how much fluid stays in your body. So, you might notice swelling (edema) in your lower legs, hands, or face—around your eyes. Eating less salt and taking prescribed diuretics (water pills) can reduce swelling. With severe fluid overload, you might feel short of breath. This can be serious, so call your doctor right away.

## URINATION CHANGES

With CKD, urine may be foamy if there is protein in it, or dark orange, brown, tea colored, or red if you have blood in your urine. CKD can also make you urinate more or less, or get up at night to go to the bathroom.

## HIGH BLOOD PRESSURE

If you take your own blood pressure, you might notice it getting higher. Tell your doctor if this happens, so you can keep it on target.

## KIDNEY PAIN

With some kinds of kidney problems, like infections or kidney stones, you might have pain in your back where your kidneys are located. If the pain doesn't get better when you rest, tell your doctor.

## NAUSEA

As kidney disease gets worse, you might vomit or feel nauseated. You might not feel like eating much. Some people notice a metallic taste or bad breath. Poor nutrition is harmful for people with kidney disease, so be sure to tell your doctor if you are not eating.

## SLEEP PROBLEMS

People with CKD sometimes have trouble falling asleep or staying asleep. Itching, muscle cramps, or restless legs can keep you awake. You need a good night's sleep, so tell your doctor about any of these symptoms.

## NERVE PROBLEMS

When CKD gets worse, you might get numbness or tingling in your toes or fingers. Your doctor may want to run a test to see if the messages between your nerves are slowing down.

## LOW BLOOD SUGAR

As CKD gets worse, insulin levels can rise, causing low blood sugar for people with diabetes. If this happens, talk to your doctor about adjusting your diet or medicines.

## SUMMING UP

You may or may not have any of these symptoms. Tell your doctor which symptoms you have, and be sure to get your lab tests done on schedule. That's the best way for you to feel your best and stay as healthy as you can.

