

Tracking Your IgA Nephropathy Lab Results

If you have immunoglobulin A nephropathy (IgAN), routine blood and urine tests can help you and your doctors know whether your kidney health is staying the same or getting worse. Use this form to learn more about IgAN and record your lab results.

Just fill out the bottom after each appointment.

Proteinuria

When your kidneys are damaged or not working properly, protein can leak into your urine, which is called proteinuria. It's important to monitor protein levels in your urine and how those levels change over time.

If you continue to have proteinuria, talk to your doctor about your concerns.

Hematuria

Hematuria means that you have blood in your urine. In IgAN, this may be a sign of ongoing inflammation.

Any hematuria, whether visible or found in your urine analysis, should be discussed with your doctor right away.

Blood Pressure

High blood pressure can lead to kidney damage. Guidelines recommend lower than 120 mmHg as a reasonable target for systolic blood pressure.

Talk with your doctor about your blood pressure and what your results might mean.

eGFR (Estimated Glomerular Filtration Rate)

eGFR is a measure of how well your kidneys are working. Decline in eGFR numbers may be a sign of declining kidney function. According to global expert guidelines on IgAN, rapid eGFR worsening is described as a decline in eGFR by 5 mL/min per 1.73 m² or more in one year.

In a retrospective study, people with IgAN who had higher levels of proteinuria had more rapid eGFR decline.[†]

* According to global expert guidelines on IgAN, if your proteinuria is more than 0.75-1 g/day, you may be at high risk for your IgAN to get worse.

† A retrospective study means the data were collected in the past and not intended to be analyzed for research purposes. Other limitations of this study included the lack of data about patients' medications and blood pressure.

Why should you know your numbers?

Tracking your lab results can help you have an informed conversation with your doctor and see how your disease is trending over time.

Find other helpful resources, including a [Symptom Tracker](#), and [Productive Appointment Guide](#), on the resources page of [KidneyHope.com](#)



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According to global expert guidelines on IgAN, if your proteinuria is more than 0.75–1 g/day, you may be at high risk for your kidney function getting worse. Be sure to talk to your doctor about what these numbers mean to you.

Proteinuria

(mg/mg)

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

eGFR

(mL/min/1.73 m²)

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Blood Pressure

(mmHg)

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Hematuria

(present/absent, or number)

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____

Test date: _____

Lab number: _____