



## KIDNEY FUNCTION TESTS (KFT) WHAT YOU NEED TO KNOW

### What are Kidney Function Tests?

**Kidney Function Tests (KFT)**, also known as renal function tests, are a group of blood and urine investigations that assess how well your kidneys are working. Kidneys help filter waste products, maintain fluid balance, regulate electrolytes and control blood pressure. Early detection of kidney problems through KFT can prevent serious complications and improve outcomes.

### What do KFTs include?

KFTs typically measure parameters such as serum creatinine, blood urea (or Blood Urea Nitrogen - BUN) and electrolytes like sodium and potassium. A key indicator is the estimated Glomerular Filtration Rate (eGFR), which reflects how efficiently the kidneys filter blood. Urine tests also check for protein, glucose or abnormal sediments.

### The significance of KFTs

KFTs are vital as kidney diseases often develop silently, showing no symptoms until they are advanced.

### Regular KFTs help in:

- Early detection of kidney disease
- Monitoring existing kidney conditions
- Assessing the impact of medications on kidney function
- Evaluating complications of chronic diseases like diabetes mellitus and hypertension
- Guiding treatment decisions in hospitalised or critically ill patients

### The right time to get a KFT

If you experience symptoms such as swelling in the legs or face, persistent fatigue, decreased urine output or unexplained nausea, a KFT is required.



Doctors often recommend KFTs if you:

- Have a family history of kidney disease
- Are diagnosed with diabetes or hypertension
- Are above 40 years of age
- Take medications that may affect kidney function (e.g., certain painkillers or antibiotics)
- Are undergoing surgery or long-term treatment for chronic illnesses

### What do the results denote?

Abnormal KFT results do not always indicate severe kidney disease but signal the need for further evaluation. Elevated creatinine or reduced eGFR may suggest impaired kidney function, while electrolyte imbalances can indicate underlying issues affecting kidney regulation.

Kidney Function Tests are simple, accessible and crucial for maintaining overall health. Timely screening is key, especially for those with risk factors. Regular monitoring, combined with a healthy lifestyle and proper medical guidance, can go a long way in preserving kidney health.