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Kidney Function Chart

eGFR and urine albumin (uACR) stages, with a tracker for your results

EGFR: HOW WELL YOUR KIDNEYS FILTER

STAGE	EGFR (ML/MIN/1.73 M²)	WHAT IT MEANS
G1	**90 or higher**	Normal or high
G2	**60 to 89**	Mildly decreased (common with age)
G3a	**45 to 59**	Mildly to moderately decreased
G3b	**30 to 44**	Moderately to severely decreased
G4	**15 to 29**	Severely decreased
G5	**Below 15**	Kidney failure

G1 and G2 count as kidney disease only when there are other signs of kidney damage, such as albumin in the urine.

URINE ALBUMIN (UACR)

CATEGORY	UACR (MG/G)	MEANING
A1	**Below 30**	Normal to mildly increased
A2	**30 to 300**	Moderately increased
A3	**Above 300**	Severely increased

Chronic kidney disease means an eGFR below 60, or signs of kidney damage such as a uACR of 30 or more, lasting **3 months or longer**. One result alone is not a diagnosis.

LAB TIP: THINGS THAT CAN SHIFT EGFR

- Very high or very low muscle mass
- A large meat meal shortly before the test
- Creatine supplements or very hard exercise
- Dehydration or a recent illness
- Some medicines that change how creatinine is cleared

A cystatin C test can help confirm a creatinine-based eGFR. Most U.S. labs now use the 2021 CKD-EPI equation, which does not use race.

MY KIDNEY NUMBERS TRACKER

DATE	CREATININE	EGFR	UACR	NOTES & QUESTIONS FOR MY DOCTOR

Created by Sonya M., CLS, Clinical Laboratory Scientist · More free charts at AskSonya.ai (spelled S-O-N-Y-A)

Educational only, not medical advice. Labs and experts use slightly different ranges: always use the reference range printed on your own report and talk with your healthcare provider about your results.

Sources: KDIGO chronic kidney disease classification, via the National Kidney Foundation; National Kidney Foundation, eGFR (CKD-EPI 2021).