

Renal Function Test (RFT)

Renal Function Test (RFT) is a group of blood and urine tests performed to evaluate the function of the kidneys. The kidneys are essential organs that play a vital role in filtering waste products and excess fluids from the blood, maintaining electrolyte balance, and regulating blood pressure.

Renal Function Test (RFT) involves a series of blood and urine tests usually performed in a laboratory or hospital. The steps involved in conducting RFT are as follows:

Test Name	Procedure	Instructions	Findings	Notes
Blood Urea Nitrogen (BUN) Test	Collect a blood sample from a vein in the arm using a needle and syringe	The patient should fast for 8 hours before the test and avoid strenuous exercise before the test	Normal range is 7-20 mg/dL	High BUN levels may indicate impaired kidney function but can also be caused by dehydration, a high-protein diet, or other conditions.
Serum Creatinine Test	Collect a blood sample from a vein in the arm using a needle and syringe	The patient should avoid strenuous exercise before the test	Normal range is 0.6-1.3 mg/dL for men and 0.5-1.1 mg/dL for women	High serum creatinine levels may indicate reduced kidney function but can also be caused by muscle injury, certain medications, or other conditions.
Glomerular Filtration Rate (GFR) Test	Use a formula that considers the patient's age, gender, race, and serum creatinine level to estimate GFR.	The patient should provide a blood sample for a serum creatinine test before the GFR test.	Normal GFR is above 60 mL/min/1.73 m ²	A GFR below 60 mL/min/1.73 m ² may indicate kidney damage or disease.
Urinalysis	Collect a clean catch midstream urine sample in a sterile container	The patient should clean the genital area before collecting the urine sample	Normal urine should not contain protein, blood cells, or other substances	Abnormal urinalysis results may indicate kidney damage or disease.

It is important to note that the specific instructions and reference ranges may vary depending on the laboratory and the patient's individual circumstances. Therefore, healthcare providers should always refer to the laboratory's guidelines and consult with a nephrologist or other specialist if they have any questions or concerns about the test results.

Name: _____

Date of Birth: _____ Gender: _____

Test Name	Results	Reference Range

Notes: