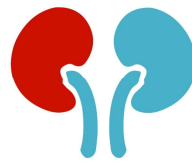


Blood Urea Nitrogen (BUN)



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What is BUN?

Blood Urea Nitrogen (BUN) is a blood test that helps assess how well your kidneys are working.

Urea nitrogen is a waste product that liver produces when it breaks down proteins from diet. Healthy kidneys filter urea nitrogen out of the blood and into the urine.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

How is BUN measured?

A BUN test involves drawing a small sample of blood, typically from a vein in your arm, and analyzing it in a laboratory.

Normal BUN Levels

- Adults: 7-20 mg/dL
- Children: 5-18 mg/dL

These values can vary depending on age, gender, and overall health. Only your doctor can interpret the results for your condition.

Factors Affecting BUN Levels

- **Diet:** High protein intake can increase BUN levels.
- **Hydration:** Dehydration can elevate BUN levels, while overhydration can lower them.
- **Medications:** Certain medications can affect BUN levels.
- **Health Conditions:** Conditions like heart failure, gastrointestinal bleeding, and shock can impact BUN levels.

Importance of BUN in Kidney Health

Regular monitoring of BUN levels is essential for individuals with kidney disease. It helps healthcare providers assess kidney function, diagnose potential issues, and monitor the effectiveness of treatments.