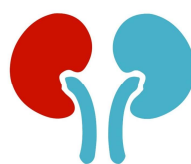


Creatinine



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CARE

What is Creatinine?

Creatinine is produced during the normal breakdown of creatine, a compound essential for energy production in muscles.

Kidneys filter creatinine out of the blood and excrete it in the urine.

Blood Creatinine Levels

Men: 0.6 to 1.2 mg/dL

Women: 0.5 to 1.1 mg/dL

These can vary depending on age, muscle mass, and other factors.

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

High Creatinine Level Implications

Kidney Disease: Chronic kidney disease or acute kidney injury.

Dehydration: Reduced kidney filtration due to low fluid intake.

Muscle Disorders: Conditions causing muscle breakdown.

Obstruction: Blockages in the urinary tract.

Only your doctor can interpret your creatinine levels after considering your overall health and medical history.

Measuring Creatinine Levels

1. Serum Creatinine Test (Blood Test):

- This test measures the amount of creatinine in the blood.
- The results can be used to calculate the estimated glomerular filtration rate (eGFR) using formulas that take into account age, sex, and race.

2. Creatinine Clearance Test (Urine Test):

- This test involves collecting urine over a 24-hour period to measure the creatinine excreted in urine.
- The test directly assesses how efficiently kidneys are filtering creatinine from the blood.