

Kidney Red Flags and Next Steps Checklist

Target Slug: gut-kidney-axis

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Use This As a Safety Checklist (Not a Diagnosis)

If you have kidney disease or are at risk, the gut–kidney axis is best treated as **context** that can support better habits. It should not delay medical care.

Seek medical evaluation soon (days to weeks) if you have:

- persistently high blood pressure
- swelling in legs/ankles or unexplained fluid retention
- foamy urine that persists
- repeated abnormal kidney labs (eGFR/creatinine) or a prior CKD diagnosis
- diabetes or cardiovascular disease plus new kidney concerns

Seek urgent care now if you have:

- blood in urine
- severe flank/back pain with fever, chills, or vomiting
- markedly reduced urine output
- confusion, severe shortness of breath, chest pain, or fainting

Bring these “gut-kidney” questions to your clinician (optional)

- “Are there any diet changes I should avoid because of potassium/phosphorus restrictions or dialysis status?”
- “Is constipation affecting my symptoms or medication tolerance?”
- “Would a fiber/prebiotic change be safe for me, and what should I monitor?”