



Symptoms checker for anaemia and chronic kidney disease

Anaemia of CKD & Me is a series of guides for people with chronic kidney disease (CKD). They have been created with patient organisations and a renal anaemia nurse to make sure they cover information that may be important to you. This guide tells you about the symptoms of anaemia and CKD, so that you know what to look out for and can discuss them with your doctor or nurse if you want to.

Telling your doctor or nurse about your symptoms

Both CKD and anaemia have a lot of symptoms. Learning the difference between CKD symptoms and anaemia symptoms can make it easier to tell which signs you should look out for. It is important to talk to your doctor or nurse if you are worried about any of these symptoms.

To help keep track, try completing the 'My symptoms' column below when you notice any of these symptoms or write down your symptoms in a diary, phone, or calendar. If you do experience symptoms, you should discuss them with your doctor or nurse.

Symptoms	CKD	Anaemia	My symptoms
Weight loss and poor appetite	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Feeling sick	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Swollen ankles, feet or hands	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Itchy skin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Muscle cramps	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Increased/decreased need to pee	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Blood in your pee	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Tiredness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Trouble sleeping	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Feeling weak and exhausted	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Headaches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Shortness of breath	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Chest pains	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Having trouble thinking clearly or concentrating	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Pale or yellowish skin	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Cold hands and feet	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Rapid or irregular heartbeats	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Feeling dizzy or lightheaded	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Poor appetite	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Feeling depressed (low mood)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

This resource has been developed based on insights from an Astellas advisory board with kidney patient organisations. We would like to thank Juan Carlos Julian (European Kidney Patients' Federation), Laurie Cuthbert (Kidney Care UK) and Bintu Bangura (Renal Anaemia Clinical Nurse Specialist) for their role in creating this guide for the patient community.

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Questions to ask your doctor or nurse about managing anaemia

You should ask yourself the following questions on a regular basis to help monitor your symptoms. If you notice any changes, you should talk through them with your doctor or nurse.

- Do I have any new symptoms that weren't there before?
- Are my symptoms happening more often, or are they worse than before?
- Do I have low mood, tiredness, and low energy that have meant I've had to reduce my daily activities, struggle with everyday tasks, or miss time at work?
- What is my haemoglobin level?



The other guides in the Anaemia of CKD & Me series are:

- About anaemia of chronic kidney disease
- Symptoms of anaemia and chronic kidney disease
- Who anaemia of chronic kidney disease affects
- Getting tested for anaemia of chronic kidney disease
- Managing anaemia of chronic kidney disease
- Anaemia of chronic kidney disease and your body and mind

For more information visit the Astellas website at:

www.astellas.com/eu/patient-focus/patient-partnerships.

Please contact us at eupatientpartners-sm@astellas.com if you need this document in an alternative format. References are also available upon request.