

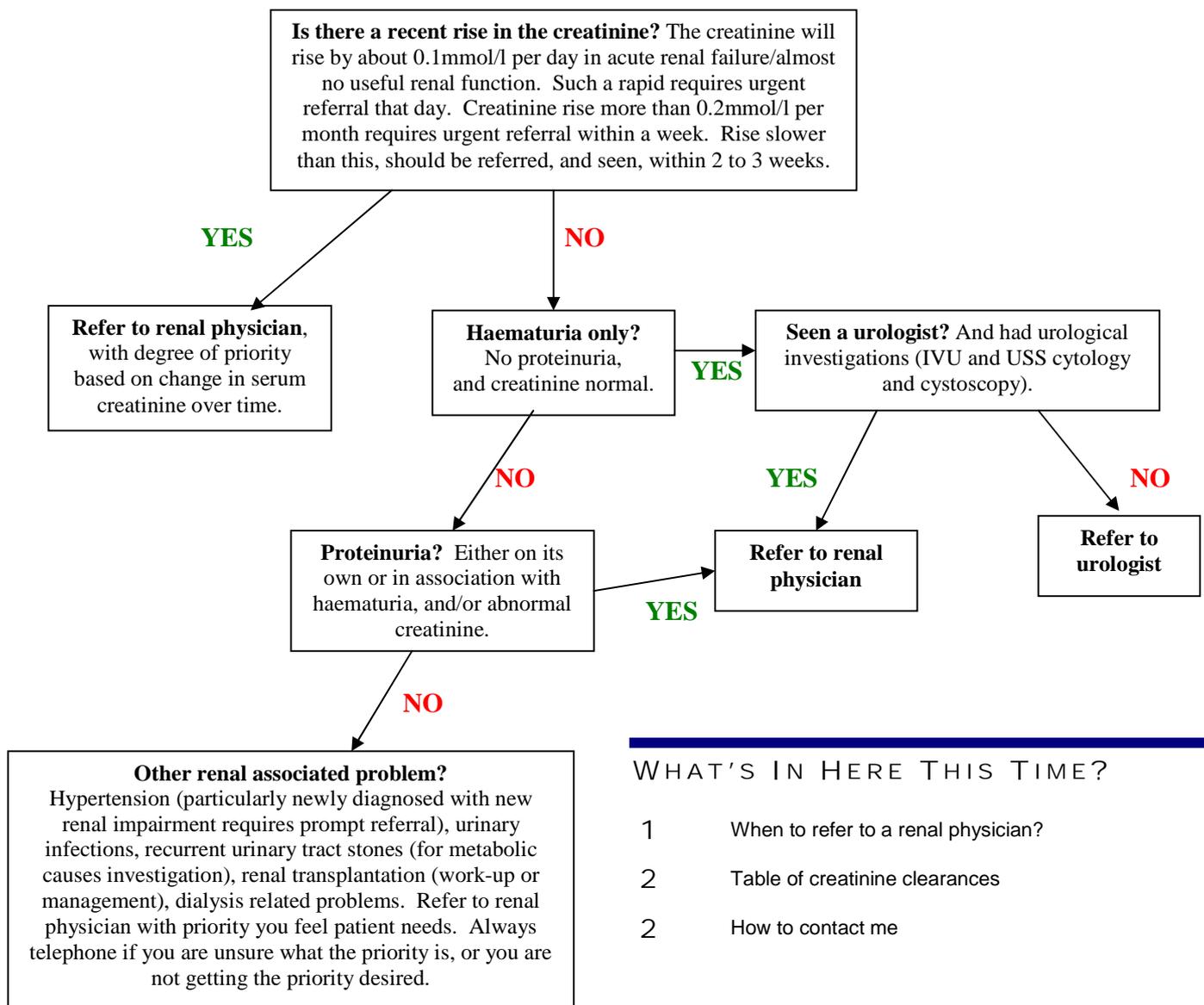
# kidney news

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## When to refer to a renal physician?

I have been asked recently several times how urgent is the priority of referral, and whether a renal physician or urologist should be involved first. I have summarised a guide in the flow diagram below. Hopefully this is helpful.



### What to do from referral until seen?

#### ULTRASOUND of KIDNEY(S)

Always should be requested at sometime. It is non-invasive, painless, quick and gives much valuable information. It also is the best first-test to exclude urinary tract obstruction. Always ask for *kidney size*. In cases of urinary infections, or incontinence, it can be valuable to know the post-micturition volume, so request a “*pre- and post-micturition USS of bladder, ureters and bladder*”.

#### PROTEINURIA

Quantify with a 24-hour urine collection. Always *include a creatinine clearance*, as it allows a check the collection is for 24 hours; and often a 24-hour creatinine clearance is needed.

#### ELEVATED CREATININE

Repeat, to check the result was correct, and assess the severity of change, and assist in the priority of referral.

REVIEW DRUG LIST. Common offenders are diuretics, over-zealous use of anti-hypertensives (especially in the elderly), ACE inhibitors (especially in presence elsewhere of vascular disease), bezafibrate, over-the-counter medications (especially some Chinese herb-extracts) and NSAIDs.

Note in the table below, how a “mild” increase in the serum creatinine leads to a marked fall in creatinine clearance –

Values in **RED** signify moderate renal impairment for that age, requiring explanation and possible referral. Tables are for males.

Females, multiply table value by 0.85 (which will reduce creatinine clearance, and even more severe renal failure).

**BLACK** table for 50 year old, and **BLUE** for 70 year old males.

Serum creatinine (mmol/l)	50 kg (50 yo)	60 kg (50 yo)	70 kg (50 yo)	80 kg (50 yo)	90 kg (50 yo)
0.07	1.31	1.58	1.84	2.10	2.37
0.09	1.02	1.23	1.43	1.64	1.84
0.11	0.84	1.00	1.17	1.34	1.51
0.13	0.71	0.85	0.99	1.13	1.27
0.15	0.61	0.74	0.86	0.98	1.10
Serum creatinine (mmol/l)	50 kg (70 yo)	60 kg (70 yo)	70 kg (70 yo)	80 kg (70 yo)	90 kg (70 yo)
0.07	1.00	1.22	1.42	2.10	1.62
0.09	0.79	0.95	1.10	1.26	1.42
0.11	0.65	0.78	0.90	1.03	1.16
0.13	0.55	0.65	0.77	0.87	0.98
0.15	0.47	0.57	0.66	0.75	0.85

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#### Interests

Investigation of renovascular disease and hypertension

Management of urinary tract infections

Investigation of urinary calculi

Investigation of proteinuria and haematuria

Investigation and management of impaired renal function.

Renal nutrition.

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