VITALS VAULT

FREE GUIDE

BUN to Creatinine Ratio Worksheet

A raised BUN to creatinine ratio does not always mean a kidney problem. Use this sheet to find which number is driving it and to prepare your questions.

STEP 1: WHICH NUMBER IS OFF?

Date	BUN	Creatinine	BUN / creatinine	eGFR

STEP 2: NON-KIDNEY CAUSES TO TICK

- [ ] Dehydration
- [ ] High protein intake
- [ ] Fever
- [ ] Burns
- [ ] GI bleeding
- [ ] Heart failure
- [ ] Urinary obstruction
- [ ] Low muscle mass

HOW TO READ IT

If BUN is the high piece, look at hydration and protein intake. If creatinine is the low piece, it may reflect low muscle mass, so check eGFR. A ratio above 20 may indicate transient kidney dysfunction.

QUESTIONS TO ASK

- [ ] Which one is off, my BUN or my creatinine?
- [ ] What is my eGFR now, and what was it in earlier results?
- [ ] Could hydration, protein intake or muscle mass explain this?
- [ ] Which of my medicines or conditions could affect these numbers?

Sources: Raymond 2021; Hosten 1990. Cut-offs come from different studies and hospital patients; no fixes implied.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com