

You receive the following results from a 59-year-old man who has recently joined your practice. He is currently asymptomatic. He smokes 20 cigarettes per day, and is taking lansoprazole for gastro-oesophageal reflux disease. On examination his blood pressure is 130/68 mmHg.

| | |
|------------------------------------|---------------------------|
| Sodium 139 mmol/l | Potassium 4.2 mmol/l |
| Urea 5.9 mmol/l | Creatinine 96 μ mol/l |
| eGFR 56 ml/min/1.73 m ² | Urinalysis normal |

What is the **SINGLE MOST** appropriate **INITIAL** action for this patient? Select **ONE** option only.

- A. Arrange a 24-hour urine collection for quantification of proteinuria
- B. Commence ramipril 2.5 mg daily
- C. Refer for a renal ultrasound scan
- D. Repeat the eGFR in two weeks
- E. Routine referral to a renal physician

The correct answer is: D. Repeat the eGFR in two weeks

In people with a new finding of reduced estimated glomerular filtration rate (eGFR), repeat the eGFR within two weeks to exclude causes of acute deterioration of renal function, for example, acute kidney injury or initiation of angiotensin-converting enzyme (ACE) inhibitors/angiotensin II receptor blockers (ARBs).