

Symptom Tracker

The list below can help you think through symptoms that you may have been experiencing that could be related to kidney stones or kidney health. Remember that some of these signs might be unrelated to your primary hyperoxaluria and should be discussed further with your healthcare provider.

What Is Primary Hyperoxaluria (PH)?

PH is a family of rare inherited disorders of the liver that cause the excessive production of oxalate. Calcium oxalate crystals can cause damage throughout the body, beginning with the kidneys. In many people, kidney stones may be the first sign of PH. When diagnosing PH, your primary care team will look for high levels of oxalate in your urine and may run genetic tests to confirm which type of PH you have. Additional information about PH is available for healthcare professionals at [UncoveringPH.com](https://www.uncoveringph.com).

Signs and symptoms of kidney stones:

- Severe pain in side, lower back, and/or abdomen; may be accompanied by vomiting or fever
- Blood in the urine (dark urine)
- Painful or difficult urination
- Cloudy urine

How long have you had these symptoms? _____

If you are experiencing any of these symptoms, ask your healthcare provider to check for stones and discuss whether you need to schedule a surgery.

Signs and symptoms of chronic kidney disease:

- Fatigue, low energy, difficulty concentrating
- Change in how much you urinate
- Swollen ankles or feet
- Loss of appetite, nausea or vomiting
- Blood in the urine (dark urine)
- Muscle cramping
- Dry and itchy skin
- Foamy urine
- Chest pain
- High blood pressure (hypertension) that's hard to control
- Persistent puffiness around your eyes
- Shortness of breath

How long have you had these symptoms? _____

If you are experiencing any of these symptoms, ask your healthcare provider about kidney health and blood tests (such as estimated glomerular filtration rate [eGFR]) that can help diagnose and monitor kidney damage.

Signs and symptoms of systemic oxalosis:

- Change in your vision
- Sores or bumps on skin
- Heart problems
- Fractures or bone pain

How long have you had these symptoms? _____

If you are experiencing any of these symptoms, ask your healthcare provider about systemic oxalosis and about getting a test to measure the oxalate levels in your blood.

Other symptoms and conditions to discuss:

Additional questions or concerns to discuss:

Test Results

If you have previous test results and have access to them, it can help to bring copies with you to your appointment. You can also record your results here if you'd like to keep a summary of all your results in one convenient place.

	Test	Test Date	Test Result
 <p>Tests to measure oxalate levels</p>	Urine oxalate (24-hour urine analysis [or spot urine analysis in infants/young children])		
	Plasma oxalate (blood test)		
 <p>Tests to monitor kidney health</p>	eGFR (blood test)		
	ACR (albumin-to-creatinine ratio) (urine test)		
Kidney imaging (eg, ultrasounds, computed tomography [CT] scans) to monitor kidney stones and/or nephrocalcinosis			

