



*Dr Wolfgang Muller (Consultant Paediatrician)*

## Parent Information Guide:

### Acute Glomerulonephritis in Children and Young People

#### What is Acute Glomerulonephritis?

Acute glomerulonephritis (AGN) is a condition where the kidneys become inflamed, often after an infection, such as a streptococcal throat or skin infection. This can cause swelling, high blood pressure, and changes in urine appearance.

#### What Causes It?

The most common cause in children is **post-streptococcal glomerulonephritis (PSGN)**, which occurs **1-3 weeks after a strep infection**. Other possible causes include autoimmune conditions like **IgA nephropathy** or **lupus nephritis**.

#### Signs and Symptoms

- **Dark, tea-coloured, or cola-coloured urine** (due to blood in urine)
- **Swelling (oedema)**, especially around the eyes, hands, and feet
- **High blood pressure** (which may cause headaches or dizziness)
- **Reduced urine output (oliguria)**
- **Tiredness and loss of appetite**
- **Mild fever** (if infection is still present)

#### How is It Diagnosed?

Your child's doctor will do:

- **Urine test** to check for blood and protein
- **Blood pressure measurement** to see if it is high
- **Blood tests** to check kidney function and infection markers (including ASO titre for recent strep infection)
- **Complement levels (C3 and C4)** to help confirm post-streptococcal glomerulonephritis
- **Kidney ultrasound** in some cases

#### Treatment and Management

There is no specific cure, but treatment focuses on supporting kidney recovery and managing symptoms. Most children recover completely within **4-6 weeks**.



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### At-Home Care

- **Encourage rest while your child recovers.**
- **Monitor urine output** and note any changes in colour or volume.
- **Follow dietary advice** (low salt and low fluid intake if recommended by the doctor).

### Medications

- **Blood pressure medications (if needed) to prevent complications.**
- **Diuretics** (water tablets) to reduce swelling.
- **Antibiotics if there is an active streptococcal infection.**

### When to Seek Medical Attention

Call the doctor or go to the hospital if your child has:

- **Severe swelling (especially in the face or legs)**
- **Difficulty breathing or worsening tiredness**
- **Persistent high blood pressure (headaches, vomiting, vision problems)**
- **Very little or no urine output for 24 hours**
- **Seizures or confusion**

Enclosed is a link to further parent information:

**Parent information on “My child is unwell – When should I see a doctor?”**

<https://drwmuller.com/information-for-parents-carers/>

See: Emergencies: “When do I need to see a doctor urgently?”

### Follow-Up Care

- **Regular check-ups with the doctor to monitor kidney function.**
- **Repeat urine and blood tests** to ensure recovery.
- In most cases, kidney function returns to normal, but long-term follow-up may be needed if symptoms persist.

### Key Takeaways

✓ **Most children recover fully with supportive care.** ✓ **Monitoring blood pressure and urine is important.** ✓ **Severe symptoms require urgent medical attention.** ✓ **Regular follow-ups ensure proper kidney function recovery.**



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If you have any concerns, always consult your child's doctor for guidance.

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