

# Make the most of your health care visit

When you have kidney disease—or want to keep your kidneys healthy—being prepared for your doctor visit helps you get the best care. Use this guide to ask the right questions, bring the right information, and speak up about what you need.

## Here's how to prepare:



- ✓ **Plan ahead.** Think about what you want to talk about.
- ✓ **Let the office know your main concern** when you schedule.
- ✓ **Write down your questions** and bring them with you.
- ✓ **Bring all your medicines,** including over-the-counter ones.
- ✓ **Bring a friend or family member** to help take notes.
- ✓ **Tell the doctor about any allergies or side effects.**

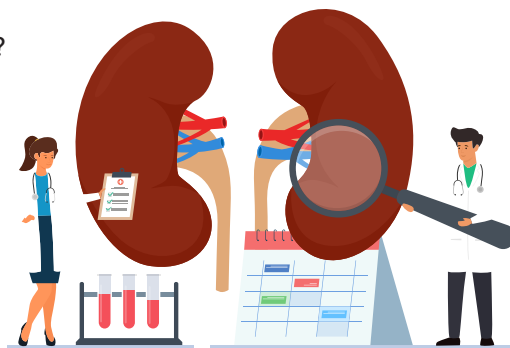
## Questions to ask about kidney health



- How are my kidneys doing?
- What is my eGFR and UACR?
  - When were these tests last done?
  - How often should I get them?
- How can I protect my kidneys?
- Are any of my meds helping or hurting my kidneys?
- What is my A1c? What should it be?
- What is my blood pressure? What's a good number for me?
- What is a healthy weight for me?
- Where can I learn more?

## If you have chronic kidney disease (CKD), ask these questions

- How often should I check my kidney numbers?
- Is my eGFR better or worse than last year?
- How does my UACR compare to last year?
- Should I see a kidney doctor (nephrologist)?
- What else can I do to protect my kidneys?
- Does my food or weight affect my kidneys?
- Will I need dialysis or a kidney transplant?
- What are my choices if that happens?
- Am I a candidate for a kidney transplant?
- Where can I go for more information?



## Talk to your doctor if you're having trouble with:

- Paying for your medications
- Buying healthy food
- Getting to the clinic or pharmacy
- Understanding your care plan
- Getting help with daily tasks or treatments

**It's okay to ask for help—your doctor wants to know!**

