

The “End Stage” guide to talking with your kidney doctor.

Once you’ve reached end stage renal disease (ESRD), your conversations with your kidney doctor become even more important. Make the most out of this time by preparing questions for each appointment with your kidney doctor. The following worksheet can help you get started:

Symptoms and other health conditions

Treatments

Medications

Diet

Home life balance

My questions:

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My questions:

Sample questions:

- What should I expect from ESRD treatment?
- Will I be on dialysis for the rest of my life?
- When should I expect to feel better?

Sample questions:

- What happens and how will I feel during dialysis?
- Am I a candidate for a transplant? If so, how should I prepare?
- Who should I contact with questions about at-home dialysis?
- How should I expect to feel after dialysis?

Sample questions:

- Do I need to make changes to any other medications I’m taking?
- Should I take any over-the-counter medications or vitamins?

Sample questions:

- Are there any changes I should make to my fluid intake?
- Are there any changes I should make to my diet?

Sample questions:

- What are some tips for adjusting to my new treatment?
- Are there resources to reduce the cost of medication or treatment?
- How do I balance my life and my treatment?

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