

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

As your chronic kidney disease (CKD) continues to progress, you should have frequent conversations with your doctor about your health. An easy way to prepare for an appointment with your kidney doctor is by preparing a list of questions you might have before each visit. 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 during late-stage CKD?
- What can I do to keep my kidneys functioning as long as possible?

Sample questions:

- Which CKD treatments are right for me?
- Can I get a transplant and not go on dialysis?
- How can I prepare for kidney failure treatment?
- How will my treatment affect my lifestyle?
- What treatment options are available to me?

Sample questions:

- Are there any medications that will help me at this stage?
- Are there any medications that can hurt my kidneys that I should avoid?

Sample questions:

- Do you have any tips for keeping my diet interesting, despite all the restrictions?
- How can I still enjoy my favorite foods?
- Which changes to my diet can have the biggest impact on my health?

Sample questions:

- I have concerns about my CKD diagnosis. Can you refer me to a counselor or therapist?

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