

Managing your treatment plan for kidney failure

If your kidney function doesn't return, your Fresenius Kidney Care team will help you adjust to your treatment plan for kidney failure. Kidney failure requiring dialysis is known as end stage renal disease (ESRD). It's important to know that there are treatment options that may work better with your lifestyle, so you can keep up with the routines and activities you love while staying your healthiest.



Working closely with your full Fresenius Kidney Care care team—including your nephrologist (kidney doctor), nurse, dietitian, social worker, family, and any doctors you see for other health conditions—can help you get the most out of treatment.

Next steps: Identify a treatment plan

- **Meet with your doctor and care team to discuss your new treatment plan**—and get your questions answered. You may want to bring along a loved one to help you take notes.
- **Discuss your treatment options with your care team**—to help you find the option that's right for you. Talk to your care team about: a kidney transplant, home peritoneal dialysis, home hemodialysis, in-center hemodialysis, and choosing not to treat.
- **Ask your care team which dialysis access type is right for you**—getting the right access will help you stay your healthiest.
- **Talk to your dietitian about a kidney-friendly diet**—so you can learn to eat well and feel your best.
- **Take your medications exactly as prescribed**—and talk to your care team about all medications and supplements you're taking.
- **Meet with your social worker**—he or she can help you and your family understand and cope with the changes in your lives.



COMMUNICATE WITH YOUR CARE TEAM

Keep all appointments and ask questions when you have them. We're here to help!