

Topics to discuss about end stage renal disease

Being an active participant in your end stage renal disease (ESRD) treatment is essential. Here are some questions to help you start important conversations with your doctor or care team.

End Stage

Kidney failure and the need for dialysis or transplant

eGFR of less than 15

Questions to ask your nephrologist (kidney doctor)

- // What should I expect from ESRD treatment?
- // When should I expect to feel better?
- // Will I be on dialysis for the rest of my life?
- // How can I get the most out of my treatment?
- // Is there anything I may experience that I should contact you about?
- // Do I need to make changes to any other medications I'm taking?
- // Am I a candidate for transplant? If so, what do I need to do?
- // What do I need to know about over-the-counter medications or vitamins?

Questions to ask your in-center dialysis nurse

- // What can I do to get the most out of my dialysis treatments?
- // How should I expect to feel after dialysis?
- // Is there anything I may experience that I should contact you about?
- // What do I need to know about taking my prescribed medications?
- // How are my fluids? Are there any changes I should make to get better results?
- // What can I do to feel my best on dialysis?
- // What do I need to know about over-the-counter medications or vitamins?
- // I'm working. How can I best manage my work and dialysis schedules?

Questions to ask your at-home dialysis nurse

- // What can I do to get the most out of my at-home dialysis treatments?
- // How should I expect to feel after dialysis?
- // If I have questions about my at-home dialysis procedure, who should I contact?
- // Can I do my treatments by myself or will I need help?
- // How much storage space will I need for supplies and equipment?
- // Is there anything I may experience that I should contact you about?
- // What do I need to know about taking my prescribed medications?
- // What do I need to know about over-the-counter medications or vitamins?
- // I'm working. How can I best manage my work and dialysis schedules?
- // Can I travel while on treatment?
- // What should I do in case of emergency?

Questions to ask your social worker

- // What are some tips for adjusting to my new treatment?
- // How can I balance the things I want to do with the treatment I need to do?
- // If I'm feeling down about ESRD, how can I tell if I'm working through normal emotions or if I'm clinically depressed?
- // I want to get back to feeling like I'm living a life I love. Where do I start?
- // Can I travel while on treatment?
- // How can I help my family and friends understand what I'm going through?
- // Where can I go for peer support?
- // Are there resources that can help me handle the cost of medication or treatment?
- // Are there services that can help with transportation to and from my in-center appointments?

Questions to ask your renal dietitian

- // What should my biggest dietary goals be at this stage?
- // Any tips for keeping my diet interesting, despite all the restrictions?
- // Is there a way to incorporate my favorite foods?
- // Which dietary changes can have the biggest impact on my health?
- // Any advice for choosing kidney-friendly foods and beverages at restaurants?
- // What are the best on-the-go snacks for me?