

Topics to Discuss About Late Stage CKD

Late Stage

Being an active participant in your chronic kidney disease (CKD) treatment is essential. Here are some questions to help you start important conversations with your doctor or treatment team.

Questions to ask your nephrologist (kidney doctor)

- // What other health conditions should I monitor?
- // What signs and symptoms of CKD or end stage renal disease (ESRD) should I look for?
- // Is there anything I may experience that I should contact you about?
- // Which CKD treatments may be right for me at the next stage?
- // Is there anything I can do now to be ready for kidney failure treatment?
- // What can I do to keep my kidneys working as long as possible?
- // I'm thinking about hemodialysis. Can you explain why I need surgery for an access site and what I should expect?
- // I'm thinking about at-home peritoneal dialysis. Can you explain catheter placement to me?
- // What can you tell me about at-home dialysis?
- // Am I a candidate for transplant? If so, what do I need to do?
- // What should I expect during stage 5 CKD (also known as ESRD)?
- // I'm concerned about my future with CKD. Can you refer me to a counselor or therapist?

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?