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 care team.

**Questions to ask your nephrologist (kidney doctor)**

- What causes kidney failure?
- What steps can I take to improve my overall health?
- What signs or symptoms of CKD should I look for and monitor?
- Which CKD treatments may be right for me at the next stage?
- Is there anything I may experience that I should contact you about?
- Do I need to modify my diet? Should I see a renal dietitian?
- Are there other health conditions that could impact my CKD?
- Do I need to modify my medications or treatments for other current conditions such as diabetes or high blood pressure?
- What should I expect next with CKD?
- How can I reduce my risk of complications?

**Evidence of kidney disease with normal kidney function**

- eGFR of 90-120
  - Mild to moderate loss of kidney function

**Mild to moderate loss of kidney function**

- eGFR of 60-89
  - Moderate to severe loss of kidney function

- eGFR of 30-59