



Questions to Get You Started

Asking questions can help you learn more about your kidney disease diagnosis. Knowing what questions to ask is not always easy. Below are suggested questions from patients who have been on this journey. It may be helpful to use this list after you begin treatment.

My Care Team

- What does each member of my care team do?
- What can my care partner or family do to help?
- How can I best take part in my care?
- How do I contact my care team when I need them?
- What can I do if I think a member of my care team is not doing their job well or is not caring about my needs?
- What can I do if I don't feel safe or comfortable at my dialysis clinic?

My Diet

- What is a renal (kidney) diet and why is it important for me to follow it?
- How will dialysis change what I can eat and drink?
- What tips do you have to help me to control my fluids daily?
- How can I change my diet to eat more of what I like?
- Where can I find some new kidney friendly recipes and how can I still dine out?

My Well-Being

A diagnosis of kidney disease can affect how you feel physically and emotionally. It is important to share how you are feeling with your care team, such as if you are not sleeping well, have a loss of appetite or energy, a different taste in your mouth, or anything else that does not seem right to you. Think about the following questions and share your answers with your healthcare team.

- Most important to me in my life is: _____
- Is there another patient who I can talk to about coping with dialysis?
- I have noticed some other differences I would like to discuss. Those differences are:

My Life

- What can I do to make it easier to fit dialysis into my life?
- What lifestyle changes can I make to be as healthy as possible?
- How can dialysis impact my mood and quality of life? Who can I talk to about this?
- How will kidney disease affect my sex life? What can I do if dialysis is impacting my sex life?
- Will my kidney disease keep me from having a normal life, including work and social activities?
- What do I need to do to go back to work, or to continue working?
- Can I still travel? How do I plan for it, such as taking a cruise?



“Kidney disease not only affects us physically, but also emotionally. I begin to feel better when I get involved in my day-to-day care. The more involved I get, the more involved I want to be.”

NPFE-LAN* Subject Matter Expert



*NPFE-LAN = National Patient and Family Engagement-Learning and Action Network

