Topics to discuss about late stage chronic kidney disease (CKD)

Take an active role in your CKD treatment! Use these questions about late stage CKD (eGFR of 15-29) to help you start important conversations with your doctor or care team.

Questions to ask your doctor

- What health conditions besides CKD should I watch for?
- What are the signs and symptoms of CKD and end-stage kidney disease (ESKD)?
- What signs and symptoms should I 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 what a peritoneal dialysis catheter is?
- Is at-home dialysis an option for me?
- Am I a candidate for a kidney transplant? If so, what do I need to do?
- What should I expect during stage 5 CKD (also known as ESKD)?
- I'm concerned about my future with CKD. Can you help me find a counselor or therapist?

Questions to ask your dietitian

- Which food changes can make the biggest difference in my health?
- Any tips for keeping my diet interesting, even with all the restrictions?
- Is there a way for me to still eat my favorite foods?
- Any advice for choosing kidney-friendly foods and drinks at restaurants?
- What are the best on-the-go snacks for me?

We're here to help

Reach out to your care team for support and to get your questions answered.

This serves only as a guide. Talk with your healthcare provider for more information based on your health needs.

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