

 **Understanding Your Diagnosis**

- What stage of kidney disease do I have?
  - What do my lab numbers (eGFR, creatinine, protein in urine) mean?
  - What caused my kidney disease?
  - Is my kidney damage reversible, or is it permanent?
  - How quickly might my kidney disease progress?
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 **Monitoring & Tests**

- What tests will I need regularly?
  - How often should I have blood work or urine tests?
  - What symptoms should I watch for between visits?
  - At what point should I contact you or seek urgent care?
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 **Medications & Treatment**

- What medications do I need, and what do they do?
  - Are there medications I should avoid (including OTC pain relievers)?
  - How will my medications affect my kidneys?
  - Do I need to adjust doses of current prescriptions?
  - Are there treatments to slow progression?
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 **Diet, Fluids & Lifestyle**

- Should I see a renal dietitian?
  - Are there foods I should limit or avoid (salt, protein, potassium, phosphorus)?
  - How much fluid should I drink daily?
  - Can I continue exercising? Are there restrictions?
  - Should I limit alcohol or caffeine?
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## Related Health Conditions

- How does kidney disease affect my blood pressure?
  - How does diabetes or heart disease impact my kidneys?
  - What should my blood pressure and blood sugar targets be?
  - Are there lifestyle changes that can help protect my kidneys?
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## Long-Term Outlook & Planning

- What is my long-term outlook?
  - What signs indicate worsening kidney function?
  - Will I eventually need dialysis or a transplant?
  - When should we start planning for future treatments?
  - Are there clinical trials or newer treatments I should know about?
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## Daily Life & Support

- Will kidney disease affect my energy, sleep, or mental health?
  - Can I work and travel as usual?
  - Are there support groups or educational resources you recommend?
  - How can my family help support me?
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## Practical & Follow-Up Questions

- How often should I see a nephrologist?
- Who should I contact with questions between visits?
- What lifestyle changes will make the biggest difference right now?
- What is the most important thing I should focus on first?