

 **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?

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?

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?

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?