• Is my body retaining too much fluid?
• Is my AV fistula access suitable for use now?
• I have certain symptoms such as itching, shortness of breath, fatigue, nausea, decreased appetite, change in bowel function, headaches and metallic taste in my mouth. What can be done to help this?
• When do we start the agreed upon kidney treatment (transplantation, home hemodialysis, peritoneal dialysis or in-center hemodialysis)? Can I visit a dialysis center? Can I change treatment options?
• Am I doing everything I can, as a patient, to take care of my health? Have you as my doctor, done everything to assure I'm receiving the best care possible?

CKD Stage Questions for your doctor or medical specialist:

<table>
<thead>
<tr>
<th>Stages of CKDGFR*</th>
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<tbody>
<tr>
<td>CKD Stage 1:</td>
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</tr>
<tr>
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<tr>
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<tr>
<td></td>
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<tr>
<td>CKD Stage 3b:</td>
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</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>CKD Stage 4:</td>
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*The GFR number indicates how much kidney function is remaining. As kidney disease worsens, the GFR number (and percentage of kidney function) goes down. **Your GFR will tell you an approximate percentage of kidney function, but your doctor will need to check the amount of albumin (protein) in your urine as well.
Questions for your doctor or medical specialist:

1. What can I do to slow/stop the progression of kidney loss?

2. What do I need to do right now to slow/prevent progression and to stop future complications (such as heart disease or bone disease)?

3. Is my stage of kidney disease stable or will it progress?

4. What is my current level of kidney function (GFR) and what stage of CKD does this put me in?

5. What is the cause of my kidney disease? Is it hereditary?
Questions for your doctor or medical specialist:

- Do I need to see a kidney doctor (nephrologist)?
- Do I have kidney damage, or is the elevated creatinine or estimated GFR simply associated with aging or my body size?
- How much protein do I have in my urine and should I take medication to reduce it, even if it’s not a lot?
- What is my blood pressure? If I need medication, are you prescribing medication that will help preserve kidney function?
- Is my uric acid level high and should I take medication, even if I don’t have gout (a form of inflammatory arthritis caused by high uric acid level)?
- If my kidney disease progresses, do I need to make any changes to my diet?
- Show me a plot of how my GFR is stable or declining.

What is the cause of my kidney disease? Is it hereditary?

What is my current level of kidney function (GFR) and what stage of CKD does this put me in?

Is my stage of kidney disease stable or will it progress?

What do I need to do right now to slow/prevent progression and to stop future complications (such as heart disease or bone disease)?
CKD Stage 3 Questions for your doctor or medical specialist:

All of the previous questions, plus:

- If my kidney function has been declining, I would like to begin my education about treatment options, including dialysis access options, dialysis options and kidney transplantation (pre-emptive, living organ donor and deceased organ donor).
- What is my Vitamin D level and do I need to be on supplements?

- Is my parathyroid hormone level increasing? If so, what do we need to do?
- Is my blood pressure under control?
- Do I need a diuretic?
- Am I becoming anemic (not producing enough red blood cells to carry oxygen throughout the body)?
Questions for your doctor or medical specialist:

• I want to bring my family in for education about my treatment options for kidney failure. It is my understanding that a transplant is typically the best treatment option. What can we do now to determine if I can receive a transplant?
• Is a pre-emptive transplant (transplant occurring before dialysis is ever started) an option for me? When should we start the transplant evaluation?
• What can I do to slow/stop the progression of kidney loss?
• Do I need to see a kidney doctor (nephrologist)?
• Do I have kidney damage, or is the elevated creatinine or estimated GFR simply associated with aging or my body size?
• How much protein do I have in my urine and should I take medication to reduce it, even if it’s not a lot?
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• If my kidney disease progresses, do I need to make any changes to my diet?
• Show me a plot of how my GFR is stable or declining.
• If my kidney function has been declining, I would like to begin my education about treatment options, including dialysis access options, dialysis options and kidney transplantation (pre-emptive, living organ donor and deceased organ donor).
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• I want to bring my family in for education about my treatment options for kidney failure. It is my understanding that a transplant is typically the best treatment option. What can we do now to determine if I can receive a transplant?
• Is a pre-emptive transplant (transplant occurring before dialysis is ever started) an option for me? When should we start the transplant evaluation?
• I want to schedule venous mapping and have an AV fistula access placed in the event I will need dialysis.
• Do I have signs/symptoms of left ventricular (LV) disease? Do we need to schedule an echocardiogram? If I have LV disease, what are we doing to decrease the risk associated with LV disease?
• Is it time for me to be on Vitamin D medication, phosphorous binders and anemia medication?
• Is my blood pressure still under control?
• Based on my kidney function, when do you believe dialysis or a transplant will be needed?
• If I am not feeling sexual/intimate,
• If I am feeling symptoms of depression, what can be done to help?
• Show me a plot of how my GFR is stable or declining? At the current rate of progression, when might dialysis or a transplant be needed?

5 KEY questions to ask your doctor/medical specialist
• I want to schedule venous mapping and have an AV fistula access placed in the event I will need dialysis.
• Do I have signs/symptoms of left ventricular (LV) disease? Do we need to schedule an echocardiogram? If I have LV disease, what can be done to help?
• If I am feeling symptoms of depression, what can be done to help?
• Show me a plot of how my GFR is stable or declining? At the current rate of progression, when might dialysis or a transplant be needed?
### Stages of CKD

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CKD Stage 5 Questions for your doctor or medical specialist:

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