









The Conversation: Questions to Ask Your Healthcare Team

Good communication with your healthcare team will help you get the most from treatment. Keep a symptom journal. Prepare for your appointments by writing down a list of questions and topics you want to cover. These questions can help you get started:

-  **What are the most important things for me to know about my diagnosis?**
-  **Where can I learn more about my diagnosis?**
-  **What do these numbers mean and why are they important to my kidneys?**
 - Glomerular filtration rate (GFR)
 - Urine albumin level
 - Blood pressure
-  **Ask your provider to explain the results of any tests, including:**
 - Blood tests
 - Urine tests
 - Kidney biopsy
 - Genetic testing
-  **What treatment do you currently recommend?**

Ask these questions for every therapy you are prescribed.

 - Why do you recommend this treatment?
 - How does this treatment work?
 - What is the goal of this treatment?
 - How long will I be on this treatment?
 - What are the potential side effects?
-  **What can I do to prevent damage to my kidneys?**
 - What things should I limit, avoid, or change?
 - Where can I learn more about how to care for my kidneys?



What new symptoms, changes in symptoms, and complications do I need to watch for?

- When do I need to call you?
- When do I need to seek emergency care?



Are there other healthcare providers I should be working with?



Will you communicate with my other healthcare providers?

Ask what you can do to make sure your primary care provider and any specialists you are seeing are up to date on your current diagnosis and treatment.



Who can I talk to if I have concerns about the cost of treatment?

Your appointment is an opportunity to learn more about your diagnosis. If you have a question, ask. If something isn't clear, ask for an explanation.