Topics to discuss about early-stage CKD

Be an active participant in your chronic kidney disease (CKD) treatment. Use these questions to start important conversations with your doctor or care team.

Questions to ask your nephrologist (kidney doctor)

- What signs or symptoms of CKD should I look for and monitor?
- What should I expect next with CKD?
- Which CKD treatments may be right for me?
- What steps can I take to improve my overall health?
- Are there other health conditions that could impact my CKD?
- Do I need to modify my medications or treatments for other current conditions like diabetes or high blood pressure?
- Is there anything I may experience that I should contact you about?
- Do I need to modify my diet? Should I see a renal dietitian?
- What causes kidney failure?
- How can I reduce my risk of complications?

Know your numbers

eGFR of 90-120
Evidence of kidney disease with normal kidney function

eGFR of 60-89
Mild loss of kidney function

eGFR 45-59
Mild to moderate loss of kidney function

eGFR 30-44
Moderate to severe loss of kidney function

We are 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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