



# Kidney Q&A

0-3 months

Life Options Rehabilitation Program  
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[www.lifeoptions.org](http://www.lifeoptions.org)

## Q: What does the nephrologist do for me?

**A:** Most nephrologists are internal medicine doctors who treat people with kidney disease. They may be board-certified or board-eligible in nephrology. This means they passed a test or meet the standards to take the test. **Your nephrologist:**

- Writes your diet, drug, dialysis, and exercise prescriptions
- Orders the tests you need to follow your health
- Reviews your lab tests and treatments to see how you're doing

Your nephrologist will talk with you, the rest of your care team, and your other doctors about your health.

**What I can do to work best with my nephrologist:**

- Write down my questions and tell my doctor that I have a list.
- Learn all I can about dialysis so I can ask better questions.
- Tell my doctor that I want to do my part to stay as healthy as I can and ask him/her to help me learn.
- Be honest about how I'm feeling and any symptoms I've been having.

- Ask my doctor about other types of dialysis, like home dialysis, or any over-the-counter drugs or supplements I want to try.
- Visit module 3 of Kidney School™: *Working with Your Healthcare Team* at [www.kidneyschool.org](http://www.kidneyschool.org) to learn more.