



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
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www.lifeoptions.org

Q: Right now, I am most concerned about _____

A: Even though you've been on dialysis a few months, you may still have questions and concerns. As you start to learn more and feel more trust in your healthcare team, you will feel safer on dialysis.

Don't worry needlessly if you have questions. Ask a member of your healthcare team to answer your questions. If he or she can't answer your question, or if you don't understand the answer, ask someone else.

Once you know the facts, you can put that concern to rest. But expect that when you do, another issue will move up to concern #1. Whatever you do, don't stop asking questions. The more you learn, the better you'll do, the more in control you'll feel, and the longer you'll live on dialysis!

What *I* can do if I'm worried:

- Talk with my doctor or nurse about concerns I have about how my dialysis is going, my symptoms, and my health.
- Talk with my dietitian about my concerns about living with the renal diet and fluid limits.
- Talk with my social worker about concerns related to living with and paying for treatment for kidney disease.

- Talk with my administrator about clinic policies, conflicts with staff, and shift changes.
- Talk with my technician about how the machine and reuse works.
- Visit module 3 of Kidney School™: *Working with Your Healthcare Team* at www.kidneyschool.org to learn more.
- Visit module 5 of Kidney School™: *Coping with Kidney Disease* to learn more about working through my concerns (www.kidneyschool.org).

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