

# Do You Have Questions About Your Dialysis?

This handout was made for you, the dialysis patient, to give you some ideas of questions you might like to ask of your care team during your Plan of Care meeting. This list can help you remember questions you've been meaning to ask. You can even take this handout along to your Care Plan Meeting to share with your nephrologist, nurse, social worker and dietitian. Use these questions to get a good conversation started with your caregivers so, with their help, you can be as healthy as possible on dialysis.

## Treatment

- How do I know if my treatment is good enough?
- Are my lab results good?
- If not, what's wrong with them?
- How can we make them better?
- How is my dialysis access doing?
- I have questions about some of the medications I am taking.

## Other Options

- I am interested in a kidney transplant.
- I am interested in learning more about peritoneal dialysis at home.
- I am interested in learning more about home hemodialysis.
- Where can I find more information on kidney disease and dialysis?

Write any other questions you may have on the back of this handout.

## Life Issues

- Who can I talk to if I have a complaint about my dialysis clinic?
- I would like to go back to work – is this possible?
- How can I travel?
- I have questions about sex, but I don't know who to talk with.

## Kidney Diet

- Why is what I am eating so important?
- I would like more information on the kidney diet, like recipes and foods I can eat.
- How can I still eat out in a restaurant?
- How about the fluid restrictions? Is there anything I can do to make them easier?



## Your Health

I am having trouble with:

- Pain
- Needles/needle-stick
- Staying on for my full treatment
- Itching
- Muscle Cramps
- Light-headed/dizziness
- Sick to my stomach/vomiting
- Shortness of breath
- Swelling
- Not much interest in sex
- Metallic taste in my mouth
- Feeling depressed
- Feeling nervous/anxious
- No energy
- No appetite
- Trouble sleeping
- Other problems

To file a grievance, patients may contact:  
The Renal Network 911 E. 86th Street, Suite 202  
Indianapolis, IN 46240

Toll-Free Patient Line: (800) 456-6919 • [www.therenalnetwork.org](http://www.therenalnetwork.org)

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract #HHSM-500-2016-00010C. The contents presented do not necessarily reflect CMS policy. 18.Q-ESRD10.07.027



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