

Tips for Talking to Your Health Care Professional About Kidney Health



Important Questions for Your Health Care Professional

Use this guide for ideas about what to do before, during and after a health care professional's appointment. There are also questions you can ask about kidney and heart disease.

Before Your Appointment

Think about what you want to do during your next visit:

- Make a list of questions
- Print this PDF
- Consider bringing a loved one with you to take notes, ask their questions and help you understand what your clinician says
- Tell the nurse you have questions for your health care professional

After Your Appointment

Follow your clinician's instructions and call your health care professional if:

- You experience side effects or problems with your medications
- Your symptoms, if any, have gotten worse
- You receive new prescriptions from other members of your health care team or start taking any over-the-counter medications
- You haven't received results of any tests you've had. Don't assume that no news is good news—be proactive
- You don't understand your test results

During Your Appointment:

Listen actively, take notes and ask questions if there's anything you don't understand.

3 Questions for Your Health Care Professional

1. Have I received my annual urine albumin-to-creatinine ratio (UACR) screening?

2. What signs or symptoms of kidney disease should I be aware of?

3. How do I take care of my kidneys and lower my risk for heart disease and stroke?

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR HEART DISEASE AND STROKE.

Talk to your doctor about your next steps. You're not in this alone. For more information please visit www.heart.org/diabetes