



American
Heart
Association.

Tips for Talking to Your Doctor about Kidney Health



Important Questions for Your Doctor

Use this guide for ideas about what to do before, during and after a doctor'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 doctor says
- Tell the nurse you have questions for your doctor

After Your Appointment

Follow your doctor's instructions and call your doctor 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 Doctor

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 next steps. You're not in this alone.