FIRST30

# YOUR FIRST30 CHECKLIST

Questions you should ask during your first month of dialysis.

| WEEK 1 | | |
|---|---|---|
| **What to think about** | **What to ask** | **Who can help?** |
| COPING | ☐ How can I get help coping with all of these changes? | Social worker |
| | ☐ What mood changes should I watch out for? How will I notice them? | |
| YOUR NEW DIET | ☐ How do I need to change my diet? | Dietitian |
| | ☐ What kind of medicines can help keep me healthy? | |
| YOUR DIALYSIS TREATMENT | ☐ How long will I be on dialysis? | Doctor or nurse |
| | ☐ What happens during the dialysis treatment? | |
| SUPPORT IN AND OUT OF THE CENTER | ☐ Can family or friends keep me company during treatment? | Technician |
| | ☐ What number should I call if I have questions? | |

| WEEK 2 | | |
|---|---|---|
| **What to think about** | **What to ask** | **Who can help?** |
| PAYING FOR TREATMENT | ☐ What kind of insurance do I have? | Social worker |
| | ☐ What does my insurance cover? | |
| | ☐ Are there any community resources that can help me with my other costs of living? | |
| PREPARING MEALS | ☐ Where can I find recipes that fit my new diet? | Dietitian |
| | ☐ What seasonings can I use? What should I avoid? | |
| YOUR MEDICINES | ☐ What new medicines do I need to take? | Doctor or nurse |
| | ☐ Do I have to stop taking any of my other prescription or over-the-counter medicines? | |
| WHAT TO DO DURING TREATMENT | ☐ Can I eat during my dialysis treatment? | Technician |
| | ☐ How should I dress for treatment? | |
| | ☐ What can I do to keep busy during dialysis? | |

*If you're in one week and you need the answer to a question that's listed in another week, don't wait – ask it now! Use this checklist as a guide to help you get started, and work with your care team to get answers to your questions when you need them.*

# YOUR FIRST30 CHECKLIST

| WEEK 3 | | |
|---|---|---|
| **What to think about** | **What to ask** | **Who can help?** |
| TRANSPORTATION | ☐ Can I drive myself to dialysis?<br>☐ What transportation options do I have? | Social worker |
| PHOSPHATE BINDERS | ☐ How do phosphate binders work?<br>☐ What happens if I forget to take my binders? | Dietitian |
| TREATMENT OPTIONS | ☐ Is in-center dialysis my only option?<br>☐ Which treatment option fits best with my lifestyle?<br>☐ Can my dialysis be performed overnight? | Doctor or nurse |
| WHAT TO KNOW ABOUT MY DIALYSIS CENTER | ☐ Are there any rules I need to know about at my dialysis center?<br>☐ Can I take a tour of the facility? | Technician |

| WEEK 4 | | |
|---|---|---|
| **What to think about** | **What to ask** | **Who can help?** |
| TRAVEL | ☐ How can I travel while I'm on dialysis?<br>☐ Will my health insurance coverage transfer to another facility? | Social worker |
| SUPPLEMENTS | ☐ How can I supplement my nutrition?<br>☐ Are there any tools to help me stay on track with my diet? | Dietitian |
| TREATMENT OPTIONS | ☐ Should I be referred for a kidney transplant evaluation?<br>☐ What kind of vascular access do I need? | Doctor or nurse |
| CARING FOR YOUR VASCULAR ACCESS | ☐ How can I take care of my vascular access?<br>☐ What activities could hurt my vascular access? | Technician |

**There are many other questions or concerns you may have for your health care team. Don't be afraid to speak up—ask as many questions as you need to. Start by listing them here:**

*Sanofi is a supporter of the FIRST30 campaign*

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