

## What to ask your SOCIAL WORKER

### What to think about

### Questions



#### COPING AND SUPPORT

- How can I get help coping with all these changes?
- What mood changes should I watch out for? How will I notice them?
- Are there support groups I can join?



#### INSURANCE

- What all does my health insurance cover?



#### TRANSPORTATION

- Can I drive myself to dialysis?
- What can I do if I can't get a ride to dialysis?



#### LIVING EXPENSES

- Are there community resources that can help me with my living expenses?
- What number should I call if I have questions?



#### TRAVEL

- What do I need to do if I want to travel?
- Will my health insurance cover me if I need to go to a different dialysis clinic?
- What number should I call if I have questions?

## What to ask your DIETITIAN

### What to think about

### Questions



#### HEALTHY EATING

- What changes do I need to make to what I eat and drink?
- What should I look out for when eating restaurant food?
- Are there tools that can help me keep track of what I eat and drink?



#### COOKING

- Where can I find tasty recipes for how I need to eat?
- What seasonings can I use? Which ones should I not use?



#### BINDERS

- What are "binders?" How do they work?
- What kinds of binders do I need to take?
- What happens if I forget to take my binders?

## What to ask your DOCTOR or NURSE

### What to think about

### Questions



#### DIALYSIS

- What happens during the dialysis treatment?
- How often will I need dialysis?
- How long does each dialysis session take?



#### MEDICINE

- What new medicines will I need to take?
- Do I need to stop taking medicines prescribed by my other doctors?
- What about over-the-counter medicine?



#### TREATMENTS

- Is going to a clinic the only way to get dialysis?
- Can I do dialysis at home instead of going to a clinic?
- Can I do dialysis overnight?
- Which dialysis treatment is best for my lifestyle?
- How do I get a kidney transplant?



#### YOUR VASCULAR ACCESS

- What is a vascular access?
- What kind of vascular access do I have?

## What to ask your DIALYSIS TECHNICIAN

### What to think about

### Questions



#### MY DIALYSIS CLINIC

- Are there any rules I need to know about the dialysis clinic?
- Can I take a tour of the dialysis clinic?
- What can I do to keep busy during dialysis?
- Can family or friends keep me company during dialysis treatments?
- What number should I call if I have questions?



#### DIALYSIS TREATMENTS

- How do I take care of my vascular access?
- What could hurt my vascular access?
- What should I wear for my dialysis treatments?
- Can I eat during my dialysis treatments?

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: