



YOUR FIRST30 CHECKLIST

Questions to ask during your
first month of dialysis

What to ask your SOCIAL WORKER

What to think about	Questions
 COPING AND SUPPORT	<ul style="list-style-type: none"><input type="checkbox"/> How can I get help coping with all these changes?<input type="checkbox"/> What mood changes should I watch out for? How will I notice them?<input type="checkbox"/> Are there support groups I can join?
 INSURANCE	<ul style="list-style-type: none"><input type="checkbox"/> What all does my health insurance cover?
 TRANSPORTATION	<ul style="list-style-type: none"><input type="checkbox"/> Can I drive myself to dialysis?<input type="checkbox"/> What can I do if I can't get a ride to dialysis?
 LIVING EXPENSES	<ul style="list-style-type: none"><input type="checkbox"/> Are there community resources that can help me with my living expenses?<input type="checkbox"/> What number should I call if I have questions?
 TRAVEL	<ul style="list-style-type: none"><input type="checkbox"/> What do I need to do if I want to travel?<input type="checkbox"/> Will my health insurance cover me if I need to go to a different dialysis clinic?<input type="checkbox"/> What number should I call if I have questions?

What to ask your DIETITIAN

What to think about	Questions
 HEALTHY EATING	<ul style="list-style-type: none"><input type="checkbox"/> What changes do I need to make to what I eat and drink?<input type="checkbox"/> What should I look out for when eating restaurant food?<input type="checkbox"/> Are there tools that can help me keep track of what I eat and drink?
 COOKING	<ul style="list-style-type: none"><input type="checkbox"/> Where can I find tasty recipes for how I need to eat?<input type="checkbox"/> What seasonings can I use? Which ones should I not use?
 BINDERS	<ul style="list-style-type: none"><input type="checkbox"/> What are "binders?" How do they work?<input type="checkbox"/> What kinds of binders do I need to take?<input type="checkbox"/> What happens if I forget to take my binders?

What to ask your DOCTOR or NURSE

What to think about	Questions
 DIALYSIS	<ul style="list-style-type: none"><input type="checkbox"/> What happens during the dialysis treatment?<input type="checkbox"/> How often will I need dialysis?<input type="checkbox"/> How long does each dialysis session take?
 MEDICINE	<ul style="list-style-type: none"><input type="checkbox"/> What new medicines will I need to take?<input type="checkbox"/> Do I need to stop taking medicines prescribed by my other doctors?<input type="checkbox"/> What about over-the-counter medicine?
 TREATMENTS	<ul style="list-style-type: none"><input type="checkbox"/> Is going to a clinic the only way to get dialysis?<input type="checkbox"/> Can I do dialysis at home instead of going to a clinic?<input type="checkbox"/> Can I do dialysis overnight?<input type="checkbox"/> Which dialysis treatment is best for my lifestyle?<input type="checkbox"/> How do I get a kidney transplant?
 YOUR VASCULAR ACCESS	<ul style="list-style-type: none"><input type="checkbox"/> What is a vascular access?<input type="checkbox"/> What kind of vascular access do I have?

What to ask your DIALYSIS TECHNICIAN

What to think about	Questions
 MY DIALYSIS CLINIC	<ul style="list-style-type: none"><input type="checkbox"/> Are there any rules I need to know about the dialysis clinic?<input type="checkbox"/> Can I take a tour of the dialysis clinic?<input type="checkbox"/> What can I do to keep busy during dialysis?<input type="checkbox"/> Can family or friends keep me company during dialysis treatments?<input type="checkbox"/> What number should I call if I have questions?
 DIALYSIS TREATMENTS	<ul style="list-style-type: none"><input type="checkbox"/> How do I take care of my vascular access?<input type="checkbox"/> What could hurt my vascular access?<input type="checkbox"/> What should I wear for my dialysis treatments?<input type="checkbox"/> 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:
