



# Chronic Kidney Disease Health Questions for My Physician

Bring this sheet with you at your next appointment and discuss the following questions with your physician.

## Understand Chronic Kidney Disease

Which stage of CKD do I have? \_\_\_\_\_

What is the cause of my kidney disease? \_\_\_\_\_

Is my stage of CKD stable, or will it progress? \_\_\_\_\_

## Managing your kidney disease

What can I do to stop or slow progression of kidney loss?

Do I need to make any dietary changes?

Do I have kidney damage?

What is my blood pressure?

How much protein do I have in my urine?

How is my vitamin D?

## Questions About My Medication

**Mount Sinai Health Partners Patient Appointment Checklist Continued**

**What medication(s) will I be taking?**

**What do we hope the medication will accomplish?**

**Is there anything I need to avoid while taking this medication?**

**What will happen if I don't take the medication?**

## CKD Resources

Learn to recognize and manage CKD, symptoms and more. Refer to these Mount Sinai resources:

- **MSHP Patient Education and Self-Management for CKD Patients**  
<https://mshp.mountsinai.org/web/mshp/for-ckd-patients>
- **Treatment and Care for CKD**  
<https://www.mountsinai.org/health-library/diseases-conditions/chronic-kidney-disease>
- **CKD Diet**  
<https://www.mountsinai.org/health-library/nutrition/diet-chronic-kidney-disease>

## My Notes

